

WHAT'S THE STORY WITH FOOD ADDICTION?

AUSTRALIAN

diabetic LIVING

HEART HEALTHY + GLUTEN-FREE OPTIONS + LOW CARB + HIGH PROTEIN

COMPLICATIONS WITH *diabetes*

*Don't let them
get you down*

GLP-1 DRUGS

*The 20-year
"overnight
success"*

CHILLI BEEF
See page 64

PLUS!
**SIMPLE,
TASTY RECIPES**

✓ SLOW COOKING

✓ SUPER SAVER SUPPERS

✓ CLASSIC DESSERTS

STAY ON track

this winter

WITH OUR 7-DAY HEALTHY EATING PLAN

**INTERMITTENT
FASTING**

What women need
to know

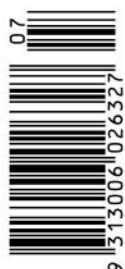
**HITTING THE
PLATEAU**

Why non-linear
weight loss is OK

**HAVE YOU GOT
GYM ANXIETY?**

What is it and how to
overcome it

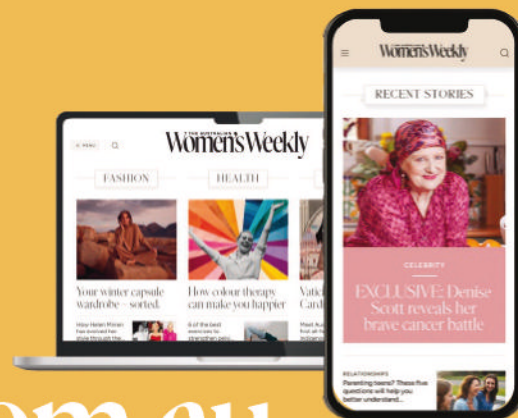
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know more,
be inspired



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A new lifestyle website for women who know better

NEWS ROYALS LIFESTYLE HEALTH BEAUTY MONEY TRAVEL



FOOD

- 14 **5 Days 5 Dinners** Easy meals to get you through the week
- 24 **One to Three** A roasted vegetable bake does triple duty
- 31 **Go Fish** Two simple seafood dishes you'll love
- 33 **7-Day Plan** Stay healthy over winter with this flexible plan
- 53 **Super Supper Savers** Big flavours for small change
- 63 **Ready, Set, Slow** Let your slow cooker do the heavy dinner lifting
- 76 **Winter Wonders** Warming classics get a healthy makeover

LIVING WELL

- 92 **It's Complicated** How to reduce your diabetes complications risks
- 97 **Fasting for Blood Glucose** Why it's not one size fits all
- 100 **Carbs: How Low Should you Go?** Dr Kate Marsh on the pros and cons of going low-carb
- 104 **Diet, Drugs & Dopamine** How ultra-processed food and food addiction affects so many of us
- 110 **Stalled, not Stopped** Why a weight loss plateau isn't always a bad thing
- 114 **Do you have Gymtimidation?** How to overcome your fears
- 122 **Test of Time** GLP-1 medications are no flash in the pan

SPECIAL OFFER

Turn to page 128 and subscribe to *Diabetic Living*, for your chance to save up to 43% off the regular price!

78

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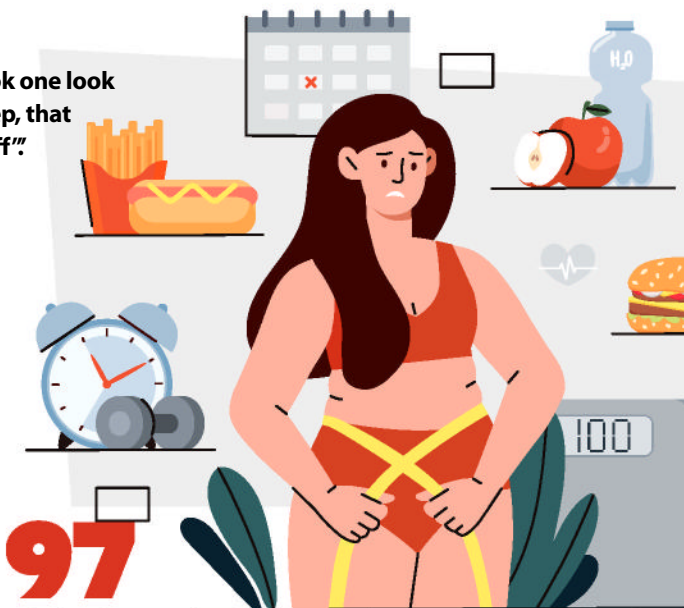
CONTENTS

MY STORY

- 118 **'The surgeon took one look at it and said, "Yep, that needs to come off"'**

REGULARS

- 4 **Privacy notice**
- 5 **Editor's note**
- 6 **Just diagnosed**
- 8 **Your healthy life**
- 13 **Contact info**
- 86 **Cook's tips**
- 88 **Menu plan**
- 90 **About our food**
- 125 **Puzzles**
- 130 **Recipe index**



the team

diabetic LIVING

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OUR EXPERTS

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Endocrinologist & bariatric physician

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.

welcome



Hello!



These days, it's hard for me to move around my office without stumbling over a book, email or press release about GLP-1 medications. Hailed as the miracle weight-loss drug, GLP-1 has been used for decades to treat type 2 diabetes. In this issue, we have a feature from the experts at Baker Heart and Diabetes Institute about the history and safety of these drugs, which have been life-altering for millions of people. We also have a fascinating extract from a new book by the former Commissioner of the US Food and Drug Administration talking about food addiction (his own and fellow doctors') and the role GLP-1 drugs have played in his, and society's, approach to food and weight loss.

And of course, we've got plenty of delicious recipes to keep you cosy and healthy over winter. Our slow cooker feature is full of tummy-warming meals (Creamy chicken and mushrooms? Yes, please!) and our Super Saver feature keeps one eye on your wallet and the other on meals you'll love. Our fabulous food team (Ali and Shannon) have put together a 7-Day Healthy Meal Plan if you feel like a bit of a reset but don't want to have to do too much thinking about it. Fancy something sweet to finish? We've got you - turn to page 76 for winter favourites that have had a healthy makeover.

However you're keeping warm and healthy this season, we hope this issue has provided some inspiration. See you next time!

Alix

Alix Davis,
Editor

NEXT
ISSUE
ON SALE
AUG 14



We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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DiabeticLivingAU](https://facebook.com/DiabeticLivingAU)

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

diabetes
australia

Coeliac
Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



TAKE THIS TO HEART

1 You're not alone

About 300 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

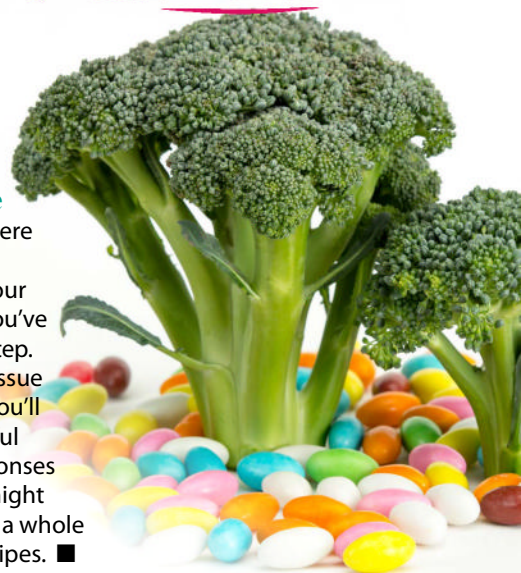
Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■



YOUR healthy life

The latest global diabetes news



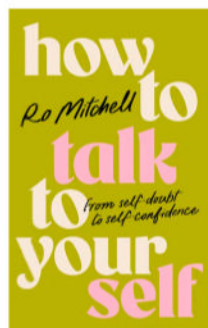
New research by experts at the University of Sydney has shown for the first time that there's a genuine link between feeling lonely and mortality, discovering that extended periods of loneliness triple a woman's risk of dying early. "Loneliness is a common experience worldwide – as many as one in three Australian adults report feeling lonely during their lives – but when feeling lonely becomes chronic or persists long-term, it may impact a person's health," says the report's senior author, Professor Melody Ding. This year, Loneliness Awareness Week Australia is happening 4-10 August. Designed to encourage all Australians to take action to reduce loneliness and create more opportunities for meaningful social connection, visit lonelinessawarenessweek.com.au to find out more.

loneliness
CAN BE A
killer



HOW MUSIC TUNES YOUR MOOD

Scientists in Finland have finally discovered why listening to your favourite music feels so good. It turns out it's because it affects the function of the brain's opioid system. "The release of opioids explains why music can produce such strong feelings of pleasure, even though it isn't a primary reward necessary for survival, like food," says Vesa Putkinen, one of the study's authors. The brain's opioid system is involved in pain relief, too, so these findings may also explain why listening to music has a pain-relieving effect for some people.



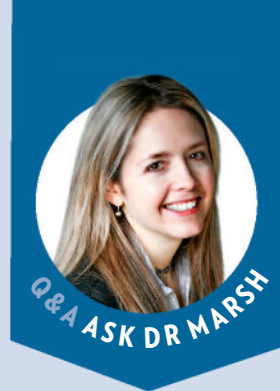
How to Talk to Yourself
By Ro Mitchell. Bluebird, \$36.99

From unfriending your inner critic to learning to forgive yourself, stopping comparisons to others and navigating a modern world full of unattainable standards, this book is a gentle, nurturing and interactive guide to take you from self-doubt to self-confidence. Discover how to find self-acceptance, be kinder to yourself and approach discipline and success from a new, healthier angle.

Sugar substitute may encourage weight gain

It might not contain any energy, but a zero-kilojoule sweetener called sucralose, also known as Splenda, may trigger stronger hunger signals compared to eating actual sugar, potentially increasing appetite and leading to overeating and weight gain. That's according to a new study performed at the University of Southern California's Diabetes and Obesity Research Institute.

It may be thanks to the way sucralose, which is as much as 650 times sweeter than sugar, increases blood flow in the hypothalamus, an area in the brain that regulates everything from body temperature to hormone release, as well as hunger. The researchers think that unlike other 'nutrients', sucralose isn't capable of triggering hormones that tell the body it's full.



Q: I'm seeing more and more sugar-free foods in the supermarket, such as biscuits, chocolate and desserts. Are these a good choice for me considering I have diabetes?

Dr Marsh says: You are right that there is an increasing number of these foods appearing on supermarket shelves, and they're usually marketed as the healthier option. But, while they may seem to be a good choice for people living with diabetes, a closer look suggests otherwise.

The sugar content of food is only one thing to consider and isn't actually the most important thing. In fact, the amount of saturated and trans fats, the fibre content, the total amount of carbohydrates and the glycaemic index of a food are much better guides to help you decide whether a food is a healthy choice and to understand how it will affect your blood glucose levels.

Unfortunately, many sugar-free foods are high in saturated fat, low in fibre and nutrient poor – and some are still high in refined carbohydrates, so they may not be much better than their sugar-containing alternatives. If you choose them, they are best included as special occasion foods, rather than everyday choices. Plus, many sugar-free foods don't taste great either, so you may prefer to eat a smaller amount of the real thing!

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

your healthy life

go bananas

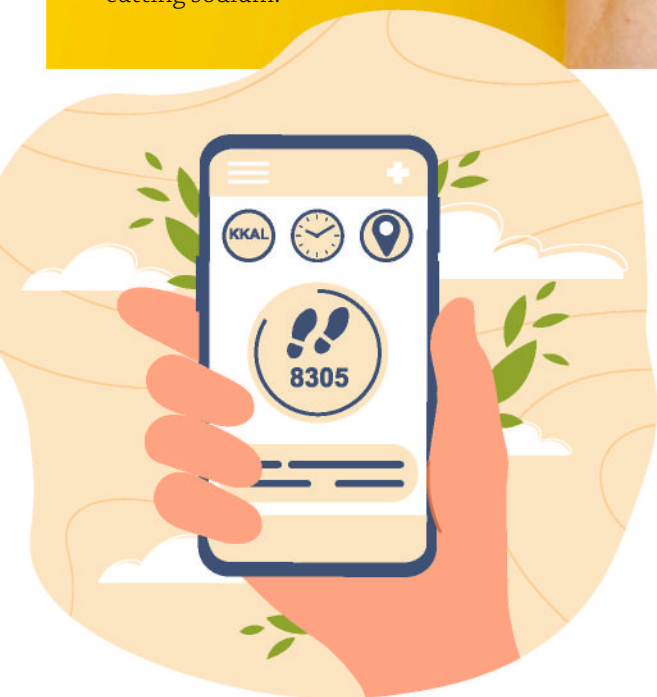
IF YOU HAVE HIGH BLOOD PRESSURE

New research suggests increasing the ratio of dietary potassium to sodium intake may be more effective for lowering blood pressure than simply reducing sodium intake. One of the best food-sources of potassium? Bananas. “Usually, when we have high blood pressure, we’re advised to eat less salt,” says Professor Anita Layton from Canada’s University of Waterloo and one of the study’s authors. “Our research suggests that adding more potassium-rich foods to your diet, such as bananas and broccoli, might have a greater positive impact on your blood pressure than just cutting sodium.”



FEELING FORGETFUL? GET SOME STEPS IN

Whether it’s an early morning jog or a touch of Tai Chi, groundbreaking research from the University of South Australia (UniSA) shows that any and every form of exercise significantly boosts brain function and memory. “Exercise has a profound effect on physical health, but we also know it benefits brain function,” says UniSA’s Dr Ben Singh. “What this study confirms is that even low-intensity exercise, like yoga or walking, can improve cognition, making it accessible to people of all ages and abilities. In particular, we found that benefits were delivered quickly, with clear gains from one to three months, highlighting that even small bursts of activity can make a big difference.”





WHY SAUERKRAUT IS SWEET FOR YOUR GUT HEALTH

It's already valued as a source of probiotics but eating fermented cabbage may have another good gut-health benefit. A new study suggests the nutrients in sauerkraut could help protect intestinal cells from inflammation-related damage. "Some of the metabolites we find in sauerkraut are the same kind of metabolites we're finding to be made by the gut microbiome," says study author Professor Maria Marco, from the University of California, who adds that it doesn't matter whether you eat store-bought or home-made sauerkraut. "Both kinds of sauerkraut seemed to protect gut function." However, if you do buy sauerkraut from a shop in the hope it'll be good for your gut, be sure to choose a naturally fermented product from the fridge section, rather than a shelf-stable product.



Q: Unlike many other health conditions, the responsibility for the management of my diabetes is mostly mine. Some people say this is empowering but I just find it overwhelming and exhausting. How can I shift my perspective?

Dr Clarke says: There is no 'best' or 'right' way to interpret and respond to life circumstances. It's normal for our individual perspectives to be nuanced and varied due to differences in life experience, DNA and personality. So, hold yourself gently – what's perceived as empowering will differ from person to person.

When we're exploring shifting our perspective, it helps to be clear about our purpose. Very often, a perspective shift is motivated by a desire to find relief from difficult thoughts and feelings. Whilst there might indeed be some improvement, it's often temporary. Moreover, nothing changes on the surface, in a behavioural sense.

The most powerful shift in perspective is that which prompts us to change what we do. If the thought 'the responsibility for management of my diabetes is mostly mine' does not empower effective action, what's a new narrative that might? Try creating one for yourself. It might be one that acknowledges the supports you have to draw on, the skills you bring to your situation, and/or the personal qualities you would like to develop. Then, when you notice the old perspective, remind yourself of your new empowering one and do what works best for you.

Dr Janine Clarke, psychologist

40%

That's how many people with type 2 diabetes stop taking their prescribed medications within the first year of being diagnosed, a choice that puts their health at serious risk. As a result, the authors of a new paper published in *Family Medicine and Community Health* are urging doctors to consider not just traditional diabetes medicines but emerging alternatives that people may be more likely to stick with long-term. The authors say one option is a lifestyle intervention called **Glucose Everyday Matters, or GEM**, which aims to prevent blood-glucose spikes through informed eating choices and well-timed exercise. In one study, two-thirds of people using GEM put their diabetes into remission.



You'll Love This: Recipes that Broke the Internet
By Saskia Sidey. HQ, \$19.99

Get ready to finally tackle all those recipes you've saved on your phone but never made! This book brings the internet's most-shared and most-loved recipes into one delicious, fail-proof collection. Every recipe is crafted for maximum flavour and impact, no matter your skill level. Whether it's breakfast, a quick snack or a show-stopping main, there's something here that'll make you say, "I could totally make that!"



Q: My partner was recently diagnosed with type 2 and has been given some advice about how to change his lifestyle – including starting to exercise regularly. I'd love to support and help motivate him, but I'm worried it'll come across as nagging! What can I do that'll genuinely help him to move more?

Drew says: Start by replacing the word 'exercise' with 'movement'. If structured exercise causes mental and physical resistance, shift your mindset towards moving your body in any way that feels right for you. You can disguise exercise in many forms and one form is play! Playing sports is a great way to get active while having fun, so choose sports you can do together, for example offer to play tennis or pickleball. Pickleball is one of the fastest-growing sports in the world because it doesn't require strenuous effort like tennis, and it's so much fun. Or perhaps think about playing golf. Golf is great because it involves walking at low intensities for long durations, which research has shown can help to improve blood glucose management.

If sport isn't your thing, start small by doing activities together. For example, offer to go on walks after meals or tell him that you're doing a guided home workout on YouTube and invite him to join you.

Instead of telling him what to do, lead by example and do it yourself. Chances are, when he sees the benefits you're getting, he'll volunteer to join in. If you want to avoid being a nagging instructor, become a team and move together.

Drew Harrisberg, exercise physiologist & diabetes educator

GETTING FREQUENT MIGRAINES? IT COULD BE YOUR TEETH

An Australian study has revealed that there's a significant link between poor oral health and higher instances of migraines, as well as abdominal and body pain including fibromyalgia. Study participants with the poorest oral health were more likely to suffer from higher pain scores – 49 per cent were more likely to experience migraines and 60 per cent were more likely to experience moderate to severe body pain. The findings highlight the importance of good oral health to potentially ward off pain and to improve overall wellbeing and will prompt further research into the role of the oral microbiome and unexplained pain conditions.



FAKE OZEMPIC DETECTED IN AUSTRALIA

According to Australia's Therapeutic Goods Administration, counterfeit Ozempic-labelled injection pens have been discovered at the border, suggesting some, with a false batch number of MPSPD916, may already be present in the country. These 'fake medicines' haven't been assessed for quality, safety or efficacy and as a result, may contain incorrect or even harmful ingredients, which could result in serious side effects if they're used. People are being urged to only buy medications from legitimate Australian pharmacies, as those purchased from unknown online sellers or from overseas sources may be fake. And if you have a product marked with the batch number MPSPD916, don't use it and take it to your local pharmacy for safe disposal.

Some diabetes meds may fight dementia

The results of a new study performed by researchers in the US suggest that two types of popular glucose-lowering medications may be protective for brain health. Glucagon-like peptide-1 receptor agonists (GLP-1Ras), such as Ozempic, as well as sodium-glucose cotransporter-2 inhibitors (SGLT2is), like Forxiga, Qtern, Xigduo XR, Jardiance, Jardiamet and Glyxambi, were both found to offer some protection against Alzheimer's disease. "It's exciting that these diabetes medications may offer additional benefits, such as protecting brain health," says the study's senior author, Associate Professor Serena Jingchuan Guo. "Based on research, there is promising potential for GLP-1Ras and SGLT2is to be considered for Alzheimer's disease prevention in the future."



Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...

Here TO HELP

DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit diabetesaustralia.com.au.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS)

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to adea.com.au to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to jdrf.org.au to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit footforward.org.au

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit keepsight.org.au

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to mydesmondaustralia.com.au to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit ndis.gov.au or call **1800 800 110** for more information.



5 DAYS DINNERS

Five flavoursome and nutritious weeknight meals, already planned out for you!

GFO LCO

SWEET POTATO CURRY

PREP 15 MINS **COOK** 45 MINS

SERVES 2 (AS A MAIN)

2 tsp olive oil
½ large brown onion, chopped
1 clove garlic, minced
2cm piece ginger, grated
1¼ tbsp Thai red curry paste or gluten-free red curry paste
2 tsp no-added-sugar or salt smooth peanut butter
250g orange sweet potato, cut into chunks
200ml light coconut milk
100ml water
100g baby spinach leaves
Juice ½ lime
2 tbsp unsalted roasted peanuts, chopped, to serve
70g (⅓ cup) Doongara Low GI Rice, cooked following packet directions, to serve

1 Heat the oil in a medium saucepan over medium heat. Add the onion and cook, stirring, for 4-5 minutes or until the onion softens. Add the garlic and ginger. Cook, stirring, for 1 minute or until fragrant.

2 Add the curry paste, peanut butter and sweet potato to the pan. Cook, stirring, for 1 minute. Add the coconut milk and water to the pan. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, stirring occasionally, for 25-30 minutes or until the sweet potato is tender.

3 Stir the spinach leaves and lime into the curry. Season with freshly ground black pepper. Cook, stirring, for 1-2 minutes or until the spinach wilts.

4 Divide the rice and curry between

serving bowls. Sprinkle with the peanuts and serve.

NUTRITIONAL INFO

PER SERVE 1980kJ (474Cal), protein 13g, total fat 22g (sat. fat 9g), carbs 51g, fibre 9g, sodium 918mg • Carb exchanges 3½ • GI estimate low • Gluten-free option

LOWER-CARB OPTION

Omit the rice and serve each portion on 1 cup of warm broccoli & cauliflower rice, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1590kJ (380Cal), protein 13g, total fat 23g (sat. fat 9g), carbs 26g, fibre 12g, sodium 940mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90



MONDAY

Sweet potato curry

Recipe, opposite



TUESDAY

Super-veg pasta
Recipe, page 18

WEDNESDAY

**Mushroom &
chickpea burgers**

Recipe, page 20



GFO LCO

SUPER-VEG PASTA

PREP 15 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN)

- 1 small red capsicum, quartered and deseeded
- 3 tsp olive oil
- 1 baby fennel bulb, roughly chopped
- ½ small red or brown onion, roughly chopped
- 1 carrot, roughly chopped
- 1 clove garlic, crushed
- Pinch chilli flakes
- ¼ tsp fennel seeds
- 3 tsp tomato paste
- ½ x 400g can no-added-salt chopped tomatoes
- 200ml salt-reduced vegetable stock or gluten-free stock
- Pinch caster sugar
- Small handful basil leaves, shredded
- 160g fresh egg pasta or gluten-free legume pasta, cooked following packet directions
- 1 tbsp grated parmesan, to serve

1 Preheat the grill on high. Line a grill tray with foil. Place the capsicum on the lined tray, skin-side up, and grill for 10 minutes or until beginning to char. Transfer to a bowl, cover and set aside. When cool enough to handle, peel off the skin and cut the flesh into strips.

2 Heat the oil in a medium saucepan over medium heat. Add the fennel, onion and carrot. Cook, stirring occasionally, for 8-10 minutes or until the vegetables soften. Add the garlic, chilli flakes, fennel seeds and tomato paste. Cook, stirring, for 2 minutes. Add the canned tomatoes, stock and 100ml water. Simmer, stirring occasionally, for 15 minutes or until the vegetables are completely soft.

3 Remove a couple of spoonfuls of

the sauce (this will later add texture) and set aside. Use a handheld blender to blend the remaining sauce until smooth. Simmer for 5 minutes to allow the sauce to thicken. Stir in the reserved sauce, basil and capsicum.

4 Meanwhile, bring a large saucepan of water to the boil. Add the pasta and cook following packet directions or until al dente. Drain well.

5 Divide the pasta and vegetable sauce between serving bowls.

NUTRITIONAL INFO

PER SERVE 1480kJ (354Cal),
protein 12g, **total fat** 12g (sat. fat 3g), **carbs** 45g, **fibre** 12g, **sodium** 793mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the egg pasta with 160g Slendier Soy Bean Fettucine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1270kJ (304Cal),
protein 20g, **total fat** 12g (sat. fat 3g), **carbs** 23g, **fibre** 16g, **sodium** 450mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LC

GRILLED MACKEREL WITH ORANGE, CHILLI & WATERCRESS SALAD

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

- ½ tsp black peppercorns
- ½ tsp coriander seeds
- 2 oranges

½ red chilli, deseeded, finely chopped

2 x 150g fresh mackerel fillets

½ tsp wholegrain mustard or gluten-free mustard

2 tsp honey

60g spinach and rocket salad mix

½ green shallot, thinly sliced

1 Put the peppercorns and coriander seeds in a mortar. Pound until finely crushed. Grate the zest from half an orange and add to the peppercorn mix with half the chopped chilli.

2 Lightly slash the skin of the mackerel and press the zesty, peppery mixture onto the fish. Preheat a chargrill on medium-high.

3 To make the salad, use a small knife to slice the top and bottom off each orange, then cut away the peel and any white pith. Hold each orange over a bowl to catch all the juice, cut down either side of each segment to release it, then squeeze the shells to release any extra juice. Measure 2 tbsp of this juice into a small bowl. Add the mustard, honey and remaining chilli. Mix until well combined.

4 Add the mackerel to the grill, skin-side up, for 4 minutes or until crisp and cooked through.

5 Divide the salad leaves between two plates. Scatter with the orange segments and sliced shallot. Drizzle with the chilli orange dressing and top with the grilled mackerel.

NUTRITIONAL INFO

PER SERVE 1210kJ (289Cal),
protein 31g, **total fat** 10g (sat. fat 3g), **carbs** 17g, **fibre** 5g, **sodium** 145mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

THURSDAY

**Grilled mackerel
with orange, chilli &
watercress salad**

Recipe, opposite



GFO LCO

MUSHROOM & CHICKPEA BURGERS

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
125g button mushrooms, finely chopped
1 clove garlic, crushed
½ bunch green shallots, sliced
1 tsp curry powder or gluten-free curry powder
Zest and juice ¼ lemon
½ x 420g can no-added-salt chickpeas, rinsed and drained
35g (½ cup) fresh wholemeal breadcrumbs or wholegrain gluten-free breadcrumbs
3 tbsp fat-free Greek natural yoghurt
Pinch ground cumin
1 (70g) mixed-grain roll or wholegrain gluten-free roll, halved, toasted
1 egg tomato, sliced
Handful rocket leaves

1 Heat half the oil in a large non-stick frying pan over medium heat. Add the mushrooms, garlic and green shallots. Cook, stirring occasionally, for 5 minutes. Add the curry powder, lemon zest and juice. Cook, stirring, for 2 minutes or until the mixture looks quite dry. Transfer to a plate and set aside to cool slightly. Wipe out the frying pan.

2 Put the chickpeas in a medium bowl. Use a potato masher to mash, leaving a few chunky pieces. Add the mushroom mix and breadcrumbs. Mix until well combined. Shape the mixture into 2 patties.

3 Heat the remaining oil in the frying pan over medium heat. Add the patties and cook for 3–4 minutes each side or until crisp and brown.

4 Meanwhile, combine the yoghurt and cumin in a small bowl.

5 Place half a bread roll on each plate. Spread with the yoghurt. Top the patties with a few slices of tomato and a little rocket.

NUTRITIONAL INFO

PER SERVE 1200kJ (287Cal),
protein 15g, **total fat** 7g (sat. fat 1g), **carbs** 35g, **fibre** 9g, **sodium** 391mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the mixed-grain roll with 1 Macro Lower Carb Linseed & Sunflower bread roll.

NUTRITIONAL INFO

PER SERVE 1400kJ (335Cal),
protein 22g, **total fat** 14g (sat. fat 2g), **carbs** 22g, **fibre** 10g, **sodium** 279mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GFO

SEAFOOD & CAPSICUM RICE

PREP 10 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
½ large brown onion, finely chopped

1 small red capsicum, sliced
1 small yellow capsicum, sliced
1 clove garlic, sliced
125g arborio rice
425ml hot salt-reduced vegetable stock (see Cook's tip) or gluten-free stock
Pinch saffron threads or 1 tsp smoked paprika
200g fresh marinara mix, any large pieces cut smaller
Juice of ¼ lemon
Small handful flat-leaf parsley, roughly chopped

1 Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 6–7 minutes or until it softens. Add the capsicum and garlic. Cook, stirring, for 2 minutes. Add the rice and cook, stirring, for 1 minute.

2 Pour the stock into the saucepan. Add the saffron and bring to the boil over medium-high heat. Reduce heat to medium and simmer, stirring occasionally, for 20 minutes or until the rice is tender.

3 Stir the seafood and lemon juice into the pan and cook, stirring occasionally, for 2–3 minutes or the seafood is cooked through. Divide between serving bowls, sprinkle with parsley and serve.

NUTRITIONAL INFO

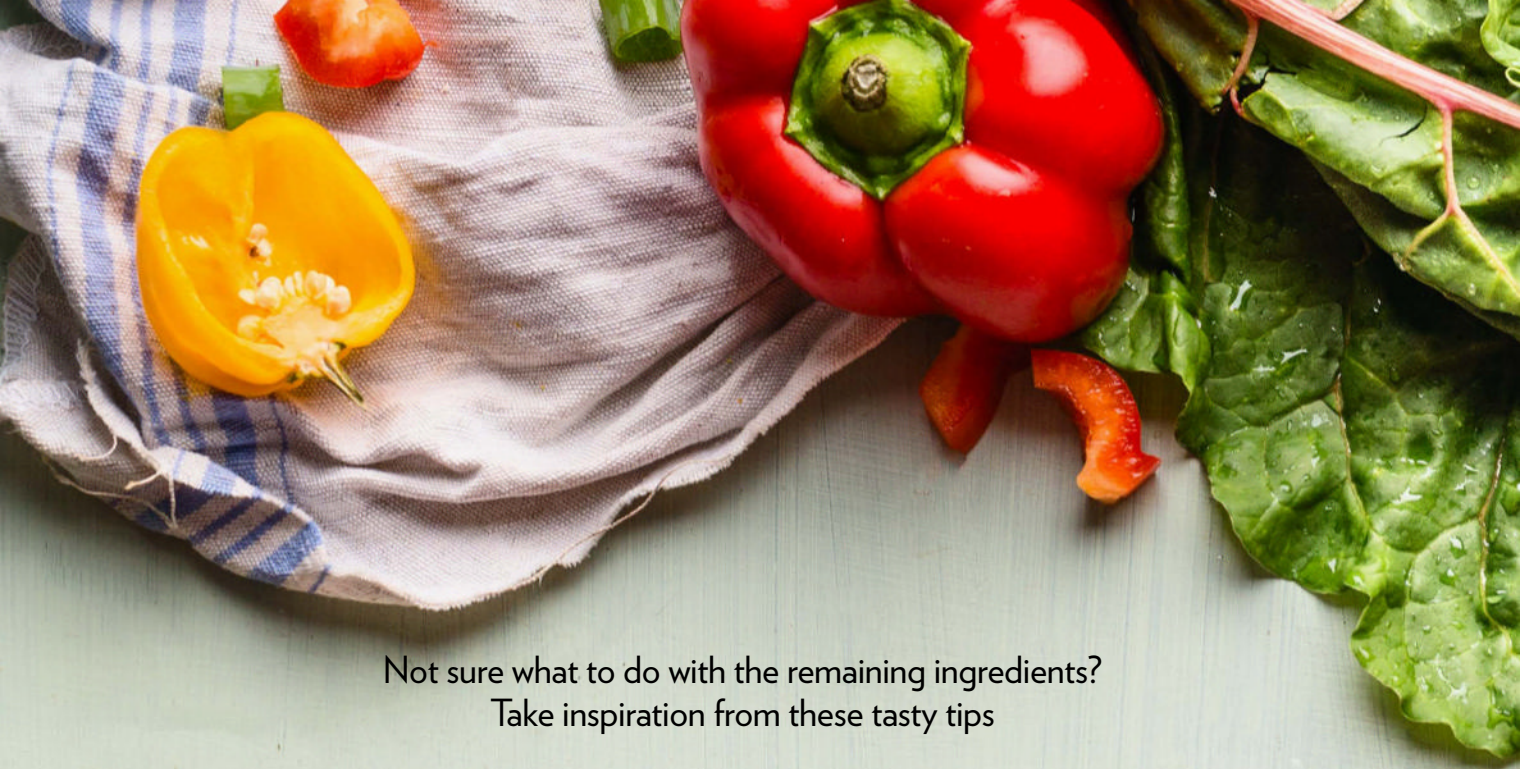
PER SERVE 1930kJ (462Cal),
protein 30g, **total fat** 10g (sat. fat 2g), **carbs** 59g, **fibre** 7g, **sodium** 805mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**

FRIDAY

Seafood & capsicum rice

Recipe, opposite





Not sure what to do with the remaining ingredients?
Take inspiration from these tasty tips

LOVE YOUR LEFTOVERS

FRUIT & VEGETABLES

SHALLOTS: Finely chop and use in dressings. Thinly diagonally slice and toss into salads, sprinkle over stir-fries or toss through rice with chopped fresh herbs and little citrus zest.

CHILLI: Thinly diagonally slice and add to rice salads, stir-fries, throw a few on pizza for a little extra flavour and heat.

RED ONION: Thinly diagonally slice and use in stir-fries or finely chop and use in salsas.

BASIL: Make your own healthy pesto - using basil, pine nuts, garlic, lemon zest and juice and olive oil.

GINGER: Add a few slices to a mug with a handful of mint leaves and a few lemon slices. Pour over boiling water. Set aside for a few minutes then enjoy!

LIME: Use the zest and juice in dressings or marinades. Or cut into wedges and serve with chargrilled fish.

FLAT-LEAF PARSLEY: Finely chop and place in

a small freezerproof bag. Expel any air. Label, date and freeze for up to 3 months. Sprinkle frozen chopped parsley into casseroles, soups and curries.

GROCERIES

CHICKPEAS: Use to make hummus, add into salads or curries.

TOMATO PASTE: Spread over pizza bases and use in pasta sauces.

CANNED TOMATOES: Use in casseroles, curries and soups.

STOCK: Use in sauces, soups or freeze for a later use.

CURRY PASTE: Mix with crushed garlic, yoghurt and squeeze of fresh lemon juice. Use to marinate seafood and chicken.

COCONUT MILK: Use in smoothies, curries, sauces and dressings.

PEANUTS: Roughly chop and throw into your salad. Finely chop and sprinkle over stir-fries just before serving. ■

SHOPPING LIST

GROCERIES

- ☐ 420g can no-added-salt chickpeas
- ☐ 500g jar or sachets no-added-salt tomato paste
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 1L carton salt-reduced vegetable stock
- ☐ 160g fresh egg pasta
- ☐ 200g jar Thai red curry paste
- ☐ 400ml light coconut milk
- ☐ 375g pkt unsalted roasted peanuts

PANTRY

- ☐ Olive oil
- ☐ 4 cloves garlic
- ☐ 1 tsp curry powder
- ☐ Ground cumin
- ☐ Black peppercorns
- ☐ Coriander seeds
- ☐ Wholegrain mustard
- ☐ Honey
- ☐ Chilli flakes
- ☐ Fennel seeds
- ☐ Caster sugar
- ☐ Parmesan
- ☐ No-added-sugar or salt smooth peanut butter
- ☐ Doongara Low GI Rice
- ☐ Arborio rice
- ☐ Saffron threads or smoked paprika

SEAFOOD

- ☐ 2 x 150g fresh mackerel fillets
- ☐ 200g fresh marinara mix

FRUIT & VEGETABLES

- ☐ 125g button mushrooms
- ☐ ½ bunch green shallots
- ☐ 1 lemon
- ☐ 1 egg tomato
- ☐ Handful rocket leaves
- ☐ 2 oranges
- ☐ 1 red chilli
- ☐ 60g spinach and rocket salad mix
- ☐ 1 bulb baby fennel
- ☐ 1 small red onion
- ☐ 1 large brown onion
- ☐ 1 carrot
- ☐ 1 bunch basil
- ☐ 1 piece fresh ginger
- ☐ 100g baby spinach leaves
- ☐ 1 lime
- ☐ 250g orange sweet potato
- ☐ 2 small red capsicum
- ☐ 1 small yellow capsicum
- ☐ 1 bunch flat-leaf parsley

BAKERY

- ☐ 1 loaf wholemeal bread
- ☐ 1 (70g) mixed-grain roll or wholegrain gluten-free roll

CHILLED

- ☐ 170g tub fat-free Greek natural yoghurt



ONE TO **THREE**

HOW OUR
FOOD WORKS
FOR YOU
see page 90

Make this roasted vegetable traybake, then use it to create quick meals when you have less time. It's a great way to serve up nutritious and flavourful dinners.

GF

ROASTED VEGETABLE TRAYBAKE (BASE)

PREP 15 MINS COOK 1 HOUR 15 MINS
SERVES 4 (AS PART OF A MEAL)

- 2 eggplants, cut into chunks
- 3 zucchini, cut into half-moons
- 2 red onions, cut into thin wedges
- 4 tbsp olive oil
- 500g ripe tomatoes on the vine,
roughly chopped
- 3 capsicums (mixed colours),
roughly sliced

1 Preheat oven to 180°C (fan-forced). Line a baking tray with non-stick baking paper. Add the eggplant, zucchini and onions. Drizzle over the oil and toss gently to coat. Spread the vegetables out in a thin layer.

2 Roast the vegetables, tossing once, for 35 minutes. Increase oven temperature to 200°C (fan-forced). Roast for a further 40 minutes, stirring a few times, until well-browned. Remove from the oven and set aside to cool.

NUTRITIONAL INFO

PER SERVE 1380kJ (330Cal), protein
9g, total fat 20g (sat. fat 3g),
carbs 22g, fibre 14g,
sodium 30mg • Carb
exchanges 1½
• GI estimate low
• Gluten free

COOK'S TIP

Keep in an airtight container in the fridge for up to 5 days.



*Create this soup
using our prepared
roasted vegetable
traybake, alongside
orzo & feta. It's a
great way to serve
up a quick tasty
dish.*

Roasted vegetable orzo soup *Recipe, page 30*

Smoky white bean & ricotta traybake Recipe, page 30







GFO LC

PEANUT & COCONUT CURRY

PREP 20 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN)

- 2 tbsp olive oil
- 4 cloves garlic, crushed
- 5cm piece ginger, peeled and grated
- 2 tbsp tomato paste
- 2 tbsp Thai red curry paste or gluten-free curry paste
- 420g can no-added-salt chickpeas, drained and rinsed
- 350g roasted vegetables (see recipe p25)
- 400g can light coconut milk
- 2 tbsp smooth no-added-salt or sugar peanut butter
- 1½ tbsp salt-reduced soy sauce or gluten-free soy sauce
- 1 tbsp honey, plus extra, to taste (optional)
- 200g baby spinach leaves
- Juice of 1 lime
- 2 tbsp roasted unsalted peanuts, finely chopped

Small handful coriander, finely chopped

145g (⅔ cup) Doongara Low GI White Rice, cooked following pkt directions, to serve

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the garlic and ginger and cook, stirring, for 1 minute. Stir in the tomato paste and curry paste. Cook, stirring, for 4-5 minutes or until it caramelises and is fragrant.

2 Stir in the chickpeas, roasted vegetables, coconut milk, peanut butter, soy sauce and honey. Bring to a simmer. Reduce heat to medium and simmer, stirring occasionally, for 10 minutes or until sauce thickens.

3 Stir the spinach into the pan and cook for 4 minutes or until spinach wilts. Stir in lime juice. Season with freshly ground black pepper. Divide curry and rice between serving

plates. Sprinkle the peanuts over the curry and the coriander over the rice.

NUTRITIONAL INFO

PER SERVE 2170kJ (519Cal), **protein** 14g, **total fat** 29g (sat. fat 10g), **carbs** 47g, **fibre** 9g, **sodium** 973mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the rice with 4 cups warm broccoli & cauliflower rice.

NUTRITIONAL INFO

PER SERVE 1780kJ (426Cal), **protein** 14g, **total fat** 29g (sat. fat 10g), **carbs** 22g, **fibre** 12g, **sodium** 995mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



timesaver

GFO

ROASTED VEGETABLE ORZO SOUP

PREP 15 MINS COOK 20 MINS SERVES 4 (AS A MAIN)

2 tbsp olive oil
4 cloves garlic, crushed
2 tbsp tomato paste
2 tsp dried oregano
Pinch caster sugar
350g roasted vegetables (see recipe p25)
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
1 cup orzo or small gluten-free legume pasta
½ x 420g can no-added-salt corn kernels, rinsed and drained

TOPPING

100g reduced-fat feta
70g (⅔ cup) pitted green olives, roughly chopped
Small handful flat-leaf parsley, finely chopped
Zest of 1 lemon

1 Heat the oil in a saucepan over medium heat. Add the garlic and cook, stirring, for 2 minutes until fragrant. Stir in the tomato paste, oregano and a pinch of sugar. Cook, stirring, for 4-5 minutes or until the paste caramelises and darkens.

2 Add the roasted vegetables, 750ml (3 cups) water, stock, orzo and corn to the saucepan. Increase heat to medium-high and bring to a simmer. Cook, stirring occasionally, for 8-10 minutes or until the orzo is just al dente.

3 Meanwhile, to make the topping, combine the feta, olives, parsley and lemon zest in a small bowl. Season with freshly ground black pepper.

4 Divide the soup between serving bowls. Sprinkle with the feta and olive mixture. Serve.

NUTRITIONAL INFO

PER SERVE 1780kJ (426Cal), **protein** 16g, **total fat** 20g (sat. fat 5g), **carbs** 42g, **fibre** 6g, **sodium** 878mg • **Carb exchanges** 3 • **GI estimate** low
• **Gluten-free option**

GFO

SMOKY WHITE BEAN & RICOTTA TRAYBAKE

PREP 10 MINS COOK 35 MINS
SERVES 4 (AS A MAIN)

3 cloves garlic, crushed
2 tbsp tomato paste
1 tsp smoked paprika
200ml salt-reduced vegetable stock or gluten-free stock
Small handful thyme sprigs
2 tbsp olive oil
350g roasted vegetables (see recipe p25)
2 x 425g no-added-salt cannellini beans, rinsed and drained
250g ricotta
4 x 40g slices wholemeal sourdough bread or gluten-free bread
Mixed salad leaves, to serve

1 Preheat oven to 180°C (fan-forced). Line a roasting tin with non-stick baking paper. Put the garlic, tomato paste, paprika, stock and thyme in a bowl. Add half the oil and toss to coat. Stir in the roasted vegetables and beans.

2 Spoon the mixture into the lined tin and spread out evenly. Nestle the ricotta in the middle of the vegetable mixture and drizzle with the remaining oil. Sprinkle with freshly ground black pepper. Roast for 30-35 minutes or until golden.

3 Serve the traybake with bread and salad.

NUTRITIONAL INFO

PER SERVE 1650kJ (395Cal), **protein** 19g, **total fat** 15g (sat. fat 3g), **carbs** 38g, **fibre** 13g, **sodium** 433mg • **Carb exchanges** 2½ • **GI estimate** low
• **Gluten-free option**



GO FISH

These tasty meals are a quick and easy way to
include more fish in your diet

GFO

CREAMY TUNA & CORN PASTA

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

120g dried wholemeal penne or
gluten-free legume pasta
1 large leek, halved, thinly sliced
1 tsp olive oil
160g cherry tomatoes
2 x 125g cans corn kernels, rinsed
and drained
3½ tbsp reduced-fat ricotta
185g can tuna in spring water,
drained
Handful basil leaves, chopped,
plus a few whole leaves, to serve

1 Cook the pasta and leek in a large saucepan of boiling water for 10-12 minutes or until the pasta is al dente.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium-high heat. Add the tomatoes and cook, stirring often, for 2-3 minutes or until they start to burst and soften. Add the corn and cook, stirring, for 2-3 minutes to heat through.

3 Drain the pasta and leeks, reserving a little of the pasta water. Tip the drained pasta and leek into

the pan with the tomatoes. Add the ricotta and tuna and toss to combine. Season with plenty of freshly ground black pepper. If you want to loosen the consistency, stir in some of the reserved pasta water along with the chopped basil. Serve scattered with the whole basil leaves.

NUTRITIONAL INFO

PER SERVE 1860kJ (445Cal),
protein 33g, **total fat** 7g (sat. fat 2g), **carbs** 54g, **fibre** 13g, **sodium** 369mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO LCO

FISH, POTATO & TOMATO BAKE

PREP 10 MINS **COOK** 45 MINS
SERVES 2 (AS A MAIN)

- 1 large (280g) Zerella Spud Lite potato, unpeeled, sliced into 5mm-thick rounds
- 1 brown onion, thinly sliced
- 1 tbsp thyme leaves
- 2 anchovy fillets, finely chopped
- 1 tbsp olive oil
- 1 red capsicum, quartered, sliced
- 2 large tomatoes, roughly chopped
- 1 tsp white wine vinegar
- ½ tsp salt-reduced vegetable stock powder or gluten-free stock powder
- 1 clove garlic, finely grated
- 2 x 140g skinless and boneless blue eye cod fillets or firm white fish fillets
- 40g (⅓ cup) finely grated reduced-fat cheddar
- 250g baby spinach leaves, steamed or microwaved until wilted, to serve

1 Cook the potatoes and onions in a large saucepan of boiling water for 5-7 minutes or until almost tender. Drain well and transfer to a bowl. Add the thyme and anchovies. Season with freshly ground black pepper. Toss to combine.

2 Meanwhile, heat the oil in a medium non-stick frying pan. Add the capsicum and stir. Cook, covered, for 5 minutes. Add the tomatoes, vinegar, stock powder and garlic. Cook, uncovered, stirring often, for 8-10 minutes or until the tomatoes soften and most of the liquid has evaporated (you don't want this to be too wet, so continue to cook until any excess liquid has evaporated).

3 Preheat oven to 180°C (fan-forced). Lay the fish pieces in a shallow ovenproof dish and spoon over the tomato mixture. Top with the potato and onion mixture, in even layers. Sprinkle over the

cheese. Bake for 30 minutes or until the cheese is golden and the fish is flaking but moist. Serve with the spinach.

NUTRITIONAL INFO

PER SERVE 1960kJ (469Cal), protein 44g, total fat 15g (sat. fat 4g), carbs 30g, fibre 14g, sodium 808mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Use a slightly smaller potato (250g) and swap the red capsicum for a green capsicum.

NUTRITIONAL INFO

PER SERVE 1890kJ (452Cal), protein 43g, total fat 15g (sat. fat 4g), carbs 26g, fibre 14g, sodium 807mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

Your 7-day Flexible Healthy Diet Plan

**PICK MEALS TO
SUIT YOUR GOALS**

Whether you aim to eat more healthily
or lose a little weight, we
have the meal plan for you

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

Reach your goals

Our nutrition and cookery experts have put together a week-long flexible plan of quick and simple recipes using everyday, fresh ingredients. You can use the table opposite as a day-by-day guide to meet your goals, whether that's simply to ensure a more balanced, nourishing diet, or to support steady weight loss while still meeting all your body's nutritional needs – and without sacrificing flavour. The plan serves two, and can also be easily adapted to suit vegans and vegetarians (just look for our bonus recipes that use plant-based alternatives). Apart from the obvious benefits, we've devised the plan to help you spend less time shopping and cooking, and to support you in feeling good this winter.

Pick the plan that's right for you

CHOOSE THE **WEIGHT-LOSS** DIET FOR:

- Three main meals a day, providing 5,000-6,300kJ per day (1,200-1,500Cal) per day for a moderate shortfall, leading to steady, controlled weight loss
- No meal substitutes – just nourishing foods and generous portions so you won't go hungry
- Perfectly balanced dishes ensure all your nutrition recommendations are achieved
- Remember to check the carb content of each main meal and adjust to meet your individual needs.

CHOOSE THE **HEALTHY EATING** PLAN FOR:

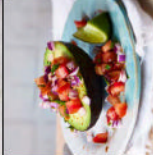
- The same delicious, balanced meals, plus snacks and desserts for those needing a little extra throughout the day
- Tasty treats for a nutrition boost that hits the spot.

Both plans provide

- ✓ A minimum of 5 serves of vegetables
- ✓ Healthy fats and lean proteins to achieve nutrition goals
- ✓ Low GI carbs for consistent energy levels and BGLs
- ✓ Health-boosting ingredients like fermented foods and wholegrains
- ✓ Minimal processed ingredients and free sugars
- ✓ Easy-to-adapt recipes for vegans

Your 2-in-1 diet plan

If you don't want to lose weight, include the snacks and desserts below in your meal plan

LOSE WEIGHT...							...EAT WELL		
	BREAKFAST			LUNCH			DINNER		
								+ DESSERT	+ SNACK
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									

CINNAMON PORRIDGE WITH BAKED BANANAS

PREP 5 MINS COOK 10 MINS SERVES 2 (AS A BREAKFAST)

90g (1 cup) rolled oats
450ml water
150ml skim milk
½ tsp ground cinnamon
1 large (120g) ripe banana, halved lengthways, cut in half
Zest and juice ½ orange
200g Jalna Fat-Free Natural Yoghurt
2 tsp toasted mixed seeds

1 Put the oats, water, milk and cinnamon in a medium saucepan. Bring to the boil over medium-high

heat. Reduce heat to low and cook, stirring often, for 5 minutes or until the oats thicken.

2 Meanwhile, put the banana, orange zest and juice in a small microwave-safe dish. Cover and microwave on High/100% for 1½-2 minutes until the mixture softens.

3 Pour the porridge into serving bowls. Top with the yoghurt, banana and seeds.

NUTRITIONAL INFO

PER SERVE 1350kJ (323Cal),
protein 15g, **total fat** 6g (sat. fat 1g), **carbs** 48g, **fibre** 7g, **sodium** 128mg • **Carb exchanges** 3 • **GI estimate** low

COOK'S TIP

To make this porridge vegan, use 2 x 80g bananas, 300ml water and 300ml fortified soy milk to replace the milk, and use soy yoghurt.



breakfasts

BLACK FOREST BREAKFAST BOWL

PREP 5 MINS **SERVES** 2 (WITH LEFTOVERS FOR 4; AS A BREAKFAST)

500g frozen mixed berries,
thawed
180g (2 cups) rolled oats
800g soy yoghurt (fortified with
calcium)
6 tbsp almond spread
15g Noshu 97% sugar-free dark
chocolate, chopped
6 tsp toasted mixed seeds
Handful mint leaves

1 Put 300g of the mixed berries in a large bowl. Add the oats and yoghurt. Use a handheld blender to blend until very smooth.

2 Divide two serves of the mixture between serving bowls. Top each with a few of the reserved berries, 1 tbsp almond spread, a little chocolate and few seeds. Scatter over the mint leaves and serve.

3 Serve straightaway or cover and chill until ready to eat.

NUTRITIONAL INFO

PER SERVE 1630kJ (390Cal),
protein 12g, **total fat** 16g (sat. fat
3g), **carbs** 46g, **fibre** 9g, **sodium**
140mg • **Carb exchanges** 3 • **GI**
estimate low



COOK'S TIP

Keep the remaining mixture in an airtight container in the fridge for up to 4 days.

GF LC

WINTER BREAKFAST HASH

PREP 15 MINS **COOK** 35 MINS

SERVES 2 (AS A BREAKFAST)

300g Zerella Spud Lite Potatoes,
unpeeled, cut into small chunks
1 tbsp olive oil
1 brown onion, chopped
½ tsp caraway seeds
2 cloves garlic, chopped
1 green capsicum, finely chopped
200g large Brussels sprouts, trimmed
and sliced
2 x 60g eggs

1 Cook the potatoes in a medium saucepan of boiling water for 15 minutes or until tender. Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 8 minutes, or until it starts to colour. Add the caraway seeds, garlic, capsicum and sprouts. Stir. Cover and cook for 5 minutes.

2 Drain and return the potatoes to the pan. Use a potato masher to lightly crush. Add the potatoes to the vegetables and cook, turning occasionally, for 5-10 minutes, so the mixture browns.

3 Meanwhile, bring a medium saucepan of water to the boil over medium-high heat. Add 1-2 tbsp vinegar and use a spoon to stir, to create a whirlpool. Crack one egg into a small bowl and pour into the centre of the whirlpool. Cook for 2-3 minutes or until cooked to your liking. Use a slotted spoon to transfer to a plate lined with paper towel. Repeat with the remaining egg.

4 Serve each portion of hash topped with a poached egg.

NUTRITIONAL INFO

PER SERVE 1420kJ (340Cal), **protein** 17g, **total fat** 15g (sat. fat 3g), **carbs** 26g, **fibre** 12g, **sodium** 147mg • **Carb exchanges** 1½ • **GI estimate** high • **Gluten free** • **Lower carb**

COOK'S TIP

To make this hash vegan, use 250g potatoes and cut 140g extra firm tofu into cubes. Fry with the onions and sprouts. Top with two tomatoes, halved and fried in a little oil instead of using the eggs.



lunch & dinner



GFO

PUY LENTILS WITH SEARED SALMON

PREP 15 MINS COOK 40 MINS SERVES 2 (AS A MAIN)

160g dried puy lentils
 2 bay leaves
 2 tbsp olive oil
 2 brown onions, finely chopped
 4 celery stalks, thinly sliced
 2 large carrots, finely chopped
 2 tbsp thyme leaves
 1 tbsp wholegrain mustard or gluten-free mustard, plus 1 tsp, extra
 2 tbsp apple cider vinegar
 2 tbsp chopped flat-leaf parsley
 2 x 120g skin-on salmon or trout fillets
 Balsamic vinegar, for drizzling

1 Put the lentils and bay leaves in a medium saucepan. Cover with water and bring to the boil over high heat. Reduce heat to medium and simmer for 10 minutes. Reduce

heat to medium-low and cook for a further 20 minutes or until the lentils are tender.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onions and cook, stirring often, for 10 minutes or until softened. Add the celery, carrots and thyme. Stir. Reduce heat to low and cook, covered, stirring occasionally, for 10 minutes or until the vegetables are tender.

3 Drain the lentils and add to the vegetables along with 1 tbsp of the mustard and vinegar. Measure half the lentils to set aside and use for lunch later in the week (see lentil salad recipe, p41). Toss the parsley through the lentil and vegetable mix.

4 Meanwhile, spread 1 teaspoon mustard over the top of the salmon. Spray a medium non-stick frying pan with olive oil cooking spray. Add the salmon, skin-side down and cook for 6 minutes. Turn the salmon over and cook for a further 4 minutes or until cooked to your liking.

5 Divide the salmon and lentils between serving plates. Drizzle with a little balsamic vinegar and serve.

NUTRITIONAL INFO

PER SERVE 2670kJ (639Cal), protein 38g, total fat 35g (sat. fat 7g), carbs 35g, fibre 15g, sodium 381mg • Carb exchanges 2½ • GI estimate low • Gluten-free option



Harissa vegetables
with quinoa
Recipe, opposite

LOWER-CARB OPTION

Replace the sweet potato with 200g peeled pumpkin, cut into chunks. And serve the harissa vegetables with 2 cups warm cauliflower rice and yoghurt, instead of quinoa.

NUTRITIONAL INFO

PER SERVE 1180kJ (282Cal),
protein 13g, **total fat** 11g
(sat. fat 2g), **carbs** 26g, **fibre**
12g, **sodium** 500mg • **Carb**
exchanges 1½ • **GI estimate**
low • **Gluten-free option** •
Lower carb

GFO LCO

HARISSA VEGETABLES WITH QUINOA**PREP** 15 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

- 1 tbsp olive oil
- 2 red onions, chopped
- 1 green capsicum, diced
- 1 small (200g) orange sweet potato, cut into chunks
- 2 large stalks celery, cut into chunky slices
- 3cm piece ginger, finely chopped
- 1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
- 1 tsp harissa paste or gluten-free paste
- 2 tbsp tomato paste
- 2 dried apricots, quartered
- 1/3 cup coriander or flat-leaf parsley, chopped, plus a few extra leaves, to serve
- 60g (1/3 cup) red and white quinoa, cooked following pkt directions
- 4 tbsp reduced-fat Greek yoghurt

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion, capsicum, sweet potato, celery and ginger. Cook, stirring often, for 10 minutes or until the vegetables soften and start to colour.

2 Stir 300ml boiling water, stock powder, harissa, tomato paste and apricots into the pan. Bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 15 minutes. Stir in the coriander.

3 Meanwhile, cook the quinoa following pack instructions.

4 Serve the harissa vegetables with the quinoa and yoghurt. Sprinkle with the coriander leaves.

NUTRITIONAL INFO

PER SERVE 1680kJ (402Cal),
protein 14g, **total fat** 13g (sat. fat

2g), **carbs** 49g, **fibre** 15g, **sodium** 472mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO

PUY LENTIL SALAD WITH BEETROOT & WALNUTS**PREP** 5 MINS **SERVES** 2 (AS A MAIN)

- ½ the lentil base from the puy lentils with salmon (recipe p39)
- 2 (160g) cooked beetroots, cut into wedges
- 8 (20g) walnut halves, roughly chopped
- 4 tbsp roughly chopped mint
- 2 handfuls rocket
- Balsamic vinegar, for drizzling

1 Tip the leftover lentil base from the seared salmon recipe into two bowls or lunch containers. Top with the beetroot, walnuts, mint and rocket.

2 Just before eating, drizzle with the balsamic vinegar and toss together. Serve.

NUTRITIONAL INFO

PER SERVE 1760kJ (421Cal),
protein 16g, **total fat** 18g (sat. fat 2g), **carbs** 40g, **fibre** 18g, **sodium** 159mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**





GFO LCO

ONE-PAN BEEF STEW WITH VEGETABLE MASH

PREP 30 MINS

COOK 2 HOURS 15 MINS

SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

- 2 tbsp olive oil
- 500g lean diced beef
- 320g large button mushrooms, quartered
- 2 bay leaves
- 2 tbsp thyme leaves
- 4 small red onions, quartered
- 4 cloves garlic, thinly sliced
- 2 large carrots, cut into chunky lengths
- 1 tbsp salt-reduced vegetable stock powder or gluten-free stock powder
- 4 tbsp tomato paste
- 2 cups broccoli florets and 1 cup green peas, steamed, to serve

VEGETABLE MASH

700g swede, cut into chunks
850g Zerella Spud Lite Potatoes, cut into chunks

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add about one-third of the beef and cook, turning often, for 2-3 minutes or until browned. Transfer to a plate. Repeat with the remaining beef in two more batches. Set aside.

2 Add the mushrooms, bay leaves and thyme to the frying pan. Cook, stirring, for 5 minutes. Add the onions and garlic. Cook, stirring, for 2-3 minutes or until softened.

3 Return the beef to the pan with the carrots, 600ml boiling water, stock powder and tomato paste. Cover and simmer, stirring occasionally, for 2 hours or until the meat is tender and the liquid reduces to a thick gravy.

4 Meanwhile, make the mash; bring a large saucepan of water to the boil and add the swede. Boil for 5 minutes. Add the potatoes and cook for 15-20 minutes or until tender. Drain well and return to the pan. Season with pepper and mash until almost smooth. Serve half the stew and half the mash now and keep the remaining for another day.

NUTRITIONAL INFO

PER SERVE 2300kJ (550Cal), protein 49g, total fat 14g (sat. fat

3g), carbs 43g, fibre 20g, sodium 717mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Omit the swede & potato mash and serve with additional steamed vegetables instead, such as 2 cups cauliflower florets and 1 cup snow peas.

NUTRITIONAL INFO

PER SERVE 1790kJ (429Cal), protein 47g, total fat 14g (sat. fat 3g), carbs 20g, fibre 15g, sodium 698mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

Keep in an airtight container in the fridge for 2-3 days. Reheat the stew in a saucepan until piping hot. The mash can be reheated in the microwave. Serve with broccoli and peas.

To make it vegan, start from step 2 and fry the mushrooms in the oil with rosemary instead of thyme. Omit the carrots and replace with 320g chunks butternut pumpkin, 2 x 420g cans no-added-salt chickpeas and 1 tbsp smoked paprika. Cook for 40 minutes. Serve with the mash.

GFO

**HEALTHY CHICKEN
PAD THAI****PREP** 20 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

100g dried flat rice noodles
 1 tbsp olive oil
 2 skinless chicken thigh fillets,
 trimmed of fat, chopped
 1 brown onion, roughly chopped
 1 red capsicum, thinly sliced
 1 small carrot, peeled into thick
 ribbons using a vegetable
 peeler
 3 cloves garlic, sliced
 1 red chilli, deseeded and thinly
 sliced
 1 tbsp finely grated ginger
 100g beansprouts
 1 tbsp roasted unsalted peanuts
 2 tbsp fresh lime juice, plus 1 tsp
 lime zest
 1 tbsp salt-reduced soy sauce or
 gluten-free soy sauce

¼ cup chopped coriander
 Handful chopped basil

1 Put the noodles into a heatproof bowl and soak following pack instructions until tender but not soft – you don't want them to become mushy. Drain.

2 Heat the oil in a wok over medium-high heat. Add the chicken and stir-fry for 5 minutes until cooked. Transfer the chicken to a bowl and set aside, keeping the oil in the wok. Add the onion, capsicum and carrot to wok. Stir-fry for 5 minutes to soften. Add the garlic, chilli and ginger. Stir-fry for 2 minutes.

3 Increase the wok heat to high. Add the beansprouts, peanuts, lime

juice and zest and the soy sauce. Return the chicken to the wok with the noodles and herbs. Toss gently to combine and heat through. Serve.

NUTRITIONAL INFO

PER SERVE 1880kJ (450Cal),
protein 34g, **total fat** 19g (sat. fat
 4g), **carbs** 30g, **fibre** 10g, **sodium**
 557mg • **Carb exchanges** 2 • **GI**
 estimate low • **Gluten-free option**

COOK'S TIP

To make this pad Thai vegan, omit the chicken. Stir in 2 tbsp crunchy peanut butter mixed with a drop of water to loosen at the end of the cooking time. .



GFO LC

ONE-PAN FISH & PRAWNS

PREP 15 MINS **COOK** 40 MINS**SERVES** 2 (AS A MAIN)

- 1 tbsp olive oil
- 220g Zerella Spud Lite Potatoes, sliced
- 1 large orange capsicum, cut into chunks
- 1 bay leaf
- 1 leek, trimmed and thinly sliced
- 2 large cloves garlic, thinly sliced
- 200g passata
- 125ml (½ cup) salt-reduced vegetable stock or gluten-free stock
- 80ml (⅓ cup) water
- ¼ cup flat-leaf parsley, chopped
- 300g skinless and boneless white fish fillets, cut into 6 large chunks
- 200g green prawns, peeled and deveined
- 100g green beans, trimmed, halved

1 Heat the oil in a wide non-stick frying pan over medium heat. Add the potatoes, capsicum and bay leaf to the frying pan. Cook, stirring

often, for 5 minutes or until they start to colour. Add the leek and garlic and cook, stirring, for 2 minutes. Stir in the passata and stock. Bring to a simmer. Cover and reduce heat to medium-low. Cook, covered, stirring occasionally, for 25 minutes or until the potatoes are tender.

2 Add the parsley, fish, prawns and green beans to the pan. Return the lid and cook for 7 minutes or until the fish flakes easily when pressed with a fork. Serve.

NUTRITIONAL INFO

PER SERVE 1890kJ (452Cal), **protein** 49g, **total fat** 15g (sat. fat 3g), **carbs** 26g, **fibre** 11g, **sodium** 702mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

COOK'S TIP

To make the recipe vegan, make as above, but increase the potato to 300g and swap the fish and prawns for 160g baby spinach leaves and 45g dry roasted peanuts. Add this right at the end of cooking to wilt the spinach.

**GF**

BLACK BEAN & PINEAPPLE SALAD BOWL

PREP 10 MINS**SERVES** 2 (AS A MAIN MEAL)

- 1 small red onion, halved, thinly sliced
- Juice of 1 lime
- 1 avocado, peeled, halved and stoned, cut into chunks
- 1 large red capsicum, thinly sliced
- ¼ cup chopped coriander
- ½-1 small red chilli, deseeded, finely chopped (optional)
- 420g no-added-salt black beans, rinsed and drained
- 120g chopped fresh pineapple
- 1½ tbsp extra virgin olive oil, for drizzling

1 Put the onion in a small bowl and pour over the lime juice. Use your fingers to massage the lime juice into the onion. Add the avocado, coriander and chilli, if using. Season with freshly ground black pepper. Toss to combine.

2 Add the beans to the avocado mixture and toss to combine. Divide the mixture between two serving bowls or lunchboxes. Scatter over the pineapple and drizzle with the oil. Serve.

NUTRITIONAL INFO

PER SERVE 1550kJ (371Cal), **protein** 15g, **total fat** 15g (sat. fat 2g), **carbs** 34g, **fibre** 17g, **sodium**

25mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**



GFO

TOMATO SOUP & HUMMUS CRISPBREADS**PREP** 10 MINS **COOK** 45 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

2 tbsp olive oil
 2 large brown onions, chopped
 2 large carrots, sliced
 4 cloves garlic, chopped
 1 tbsp smoked paprika
 100g dried red lentils
 700g bottle passata
 1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
 ¼ cucumber, sliced
 6 pitted Sicilian olives, sliced
 Pinch thyme leaves
 Pinch smoked paprika

HUMMUS CRISPS (FOR 4 SERVINGS)

4 multigrain crispbreads or gluten-free crispbreads
 100g reduced-fat hummus

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onions and carrot and cook, stirring occasionally, for 10 minutes or until the vegetables soften. Stir in the garlic, smoked paprika and lentils. Cook, stirring, for 1 minute.

2 Stir the passata, 4 cups boiling water and stock powder to the pan. Cover and bring to the boil. Reduce heat to medium-low and simmer, covered, stirring occasionally, for 30 minutes or until the vegetables are tender.

3 Remove the pan from heat and set aside for 5 minutes to cool slightly. Use a handheld blender to whizz until smooth. Serve half the

soup and keep the remaining for another meal (see Cook's tip).

4 To serve, spread two crispbreads with half the hummus (make fresh ones later for leftovers). Top with the cucumber. Scatter over the olives, thyme and paprika.

NUTRITIONAL INFO

PER SERVE 1540kJ (368Cal), **protein** 13g, **total fat** 14g (sat. fat 2g), **carbs** 40g, **fibre** 17g, **sodium** 762mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

COOK'S TIP

Keep the remaining soup in an airtight container in the fridge for up to 3 days. To reheat, cook portions in a pan over low heat with a dash of water until piping hot.





1 red chilli, deseeded and sliced

1 Heat the oil in a medium non-stick frying pan over medium heat. Add the onions and cook, stirring occasionally, for 8 minutes or until the onion starts to soften. Add the ginger, garlic and chilli. Cook, stirring, for 2 minutes. Measure 300ml of the liquid from the cans of butter beans into a jug and mix in the stock powder to make a stock (don't worry if it's thick or lumpy as it will dissolve in the pan as it cooks).

2 Stir the cumin seeds and curry powder into the onions. Cook, stirring, for 1 minute. Add the tomatoes, beans, eggplant and stock to the pan. Bring to the boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 30 minutes or until the vegetables are tender. Stir in half the coriander. Remove the pan from the heat.

3 To make the raita, toss the bananas and lime juice in a small bowl. Add the cucumber, onion, chilli and remaining coriander to the bananas. Toss to combine.

4 Serve half the curry and raita with the rice. Cool and chill the rest of the curry and raita to make butter bean curry wraps (p47).

NUTRITIONAL INFO

PER SERVE 1910kJ (457Cal), **protein** 15g, **total fat** 13g (sat. fat 3g), **carbs** 60g, **fibre** 21g, **sodium** 298mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

COOK'S TIP

The curry will keep chilled in an airtight container in the fridge for up to 3 days. The raita will keep chilled for 1 day.

GFO

BUTTER BEAN CURRY

PREP 15 MINS **COOK** 40 MINS

SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR WRAP RECIPE)

- 2 tbsp olive oil
- 2 brown onions, finely chopped
- 1 tbsp finely grated ginger
- 3 large cloves garlic, finely grated
- 1 red chilli, deseeded and sliced
- 2 x 400g cans butter beans, undrained
- 2 tsp salt-reduced vegetable stock powder or gluten-free powder
- 1 tsp cumin seeds

- 2 tsp curry powder or gluten-free curry powder
- 400g can no-added-salt chopped tomatoes
- 1 eggplant, cut into cubes
- ¼ cup chopped coriander
- 70g (⅓ cup) Low GI brown rice, cooked following pkt instructions

RAITA

- 2 small bananas, finely chopped
- Juice of ½ lime
- ¼ cucumber, finely chopped
- 1 small red onion, finely chopped



GFO

BUTTER BEAN CURRY WRAPS

PREP 10 MINS **COOK** 5 MINS **SERVES** 2 (AS A MAIN)

2 large wholemeal tortilla wraps or gluten-free wraps

½ the butter bean curry (see recipe, p46)

2 handfuls mixed salad leaves
½ the raita (see recipe p46)

1 Warm the wraps following pack instructions, or for 1-2 minutes each side over a preheated chargrill or until lightly charred.

2 Reheat the leftover butter bean curry in a saucepan over low heat until piping hot (if it's quite wet, allow it to reduce slightly).

3 Spread the curry over the centre of the wraps, then top with the salad and the raita. Roll up tightly and serve straightaway.

NUTRITIONAL INFO

PER SERVE 1950kJ (467Cal), **protein** 16g, **total fat** 16g (sat. fat 3g), **carbs** 56g, **fibre** 22g, **sodium** 455mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO

LENTILS WITH SOY & GINGER TOFU

PREP 15 MINS **COOK** 40 MINS
SERVES 2 (AS A MAIN)

160g dried puy lentils

2 bay leaves

2 tbsp olive oil, plus a drizzle

2 brown onions, finely chopped

4 celery stalks, thinly sliced

2 large carrots, finely chopped

2 tbsp thyme leaves

1 tbsp wholegrain mustard or gluten-free mustard, plus 1 tsp, extra

2 tbsp apple cider vinegar

1 tbsp chopped flat-leaf parsley

260g extra-firm tofu

2 cloves garlic, finely grated

2 tsp balsamic vinegar

2 tsp finely grated ginger

2 tsp salt-reduced soy sauce or gluten-free soy sauce

4 tsp toasted mixed seeds

1 tbsp coriander leaves

1 red chilli, chopped

1 Put the lentils and bay leaves in a medium saucepan. Cover with water and bring to the boil over high heat. Reduce heat to medium and continue to simmer for 10 minutes. Reduce heat to medium-low and cook for a further 20 minutes or until the lentils are tender.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onions and cook, stirring often, for 10 minutes or until softened. Add the celery, carrots and thyme. Stir. Reduce heat to low and cook, covered, stirring occasionally, for 10 minutes or until the vegetables are tender.

3 Drain the lentils and add to the vegetables along with 1 tbsp of the mustard and the vinegar. Measure half the lentils to set aside and use for lunch later in

the week (see lentil salad recipe, p41). Toss the parsley through the remaining lentil and vegetable mix.

4 Cut the tofu into thick fingers. Combine the garlic, balsamic vinegar, ginger and soy sauce in a small bowl. Brush this over the tofu pieces. Heat a drizzle of oil in a large non-stick pan over medium heat. Add the tofu and cook, turning occasionally, for 2-3 minutes or until browned.

5 Serve the tofu over half the lentils, topped with mixed seeds, coriander and chopped red chilli.

NUTRITIONAL INFO

PER SERVE 2200kJ (526Cal), **protein** 31g, **total fat** 24g (sat. fat 3g), **carbs** 35g, **fibre** 20g, **sodium** 641mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**





GFO LCO

PESTO SPINACH PENNE

PREP 5 MINS **COOK** 15 MINS

SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

400g dried wholemeal penne or gluten-free legume pasta

5 tbsp basil pesto or gluten-free pesto

500g baby spinach leaves, roughly chopped

250g punnet cherry tomatoes, halved

1 Cook the penne in a large saucepan of boiling water following packet directions, until al dente.

2 Meanwhile, heat 4 tbsp of the pesto in a large non-stick frying pan over medium-low heat. Add the

spinach and 2 tbsp water. Cover and cook for 1-2 minutes to allow the spinach to wilt.

3 Drain the pasta and toss with the spinach, tomatoes and remaining pesto. Serve half the pesto pasta. Cool the remaining pasta and place in an airtight container for another day.

NUTRITIONAL INFO

PER SERVE 2150kJ (514Cal), protein 18g, total fat 18g (sat. fat 3g), carbs 62g, fibre 15g, sodium 173mg • Carb exchanges 4 • GI estimate low • **Gluten-free option**

LOWER-CARB OPTION

Replace the wholemeal penne with 400g Atkins lower carb penne pasta, cooked following packet instructions.

NUTRITIONAL INFO

PER SERVE 2140kJ (512Cal), protein 56g, total fat 18g (sat. fat 4g), carbs 25g, fibre 18g, sodium 212mg • Carb exchanges 1½ • GI estimate low • **Lower carb**

COOK'S TIP

The pasta will keep in the fridge for up to 3 days. Reheat in a small saucepan with a splash of water.

GFO

MINI APPLE & BLACKBERRY PUDDINGS**PREP** 15 MINS (+ 1 HOUR CHILLING) **COOK** 10 MINS**SERVES** 2 (AS A DESSERT; WITH LEFTOVERS FOR 2)

1 large (155g) pink lady apple, peeled, cored and finely chopped
 300g blackberries
 6 slices wholemeal bread or gluten-free grain bread
 Small mint sprigs or leaves, to decorate
 100g vanilla diet yoghurt, to serve

1 Put the apple in a small saucepan with 150ml water. Bring to a

simmer over medium heat. Cover and simmer for 3 minutes to soften. Add the berries, cover and cook for 5 minutes or until the berries have just softened.

2 Meanwhile, spray four mini pudding moulds with cooking spray. Using a mould as a template, cut out four rounds from the bread and use these to line the base of each mould. Trim the crusts from the offcuts (and reserve these), then use the offcuts and other two slices of bread, cut into strips, to line the sides of the moulds. Press gently to compact the bread a little and leave some overhanging.

3 Spoon in most of the fruit and juice, reserving about 1 tbsp. Fold the overhanging bread over the fruit and fill in the gaps using the reserved bits of crust to completely cover the top. Cover the moulds and press down firmly to compress the puddings. Chill for about 1 hour to firm up.

4 To serve, turn the puddings out onto small serving plates. Top with the reserved fruit and juice and the mint. Serve with the yoghurt.

NUTRITIONAL INFO

PER SERVE 767kJ (183Cal), **protein** 8g, **total fat** 1g (sat. fat 0g), **carbs** 30g, **fibre** 9g, **sodium** 216mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

COOK'S TIP

The puddings will keep in an airtight container in the fridge for 3 days.

desserts & treats

GF

CINNAMON RICE WITH POMEGRANATE

PREP 5 MINS **COOK** 60 MINS

SERVES 2 (AS A DESSERT; WITH LEFTOVERS FOR 2)

110g (½ cup) brown basmati rice

1 tsp ground cinnamon

670ml skim milk

2 tsp vanilla extract

1 bay leaf

1 heaped tbsp pomegranate seeds or reduced sugar Craisins

4 walnut halves, roughly chopped

1 Put the rice into a wide saucepan and warm, stirring, over low heat. When it starts to crackle, stir in the cinnamon and 225ml water. Cover and simmer for 15 minutes until the water is absorbed.

2 Add the milk, vanilla and bay leaf to the pan. Continue to simmer, uncovered, and stirring often, for 35-40 minutes or until the rice is tender and the milk reduces to a creamy consistency.

3 Set the rice aside to cool for 5 minutes. Spoon two portions into small serving bowls. Top each portion with a few pomegranate seeds and half of the chopped walnuts.

NUTRITIONAL INFO

PER SERVE 491kJ (117Cal), **protein** 3g, **total fat** 2g (sat. fat 0g), **carbs** 20g, **fibre** 2g, **sodium** 1mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free**



COOK'S TIP

Keep the remaining rice in an airtight container in the fridge for up to 3 days. Loosen with a splash of milk before serving cold or warm.



GF LCO

SPICY EGGPLANT WITH CARROT DIPPERS

PREP 5 MINS **COOK** 10 MINS

SERVES 4 (AS A SNACK)

1 tsp harissa paste

1 tsp ground cinnamon

1 eggplant, finely chopped

2 tbsp finely chopped coriander

2 tbsp low-fat natural yoghurt

Squeeze of fresh lemon or lime juice

4 carrots, each cut into quarter lengths

1 Put the harissa, cumin, eggplant and 2 tbsp water in a small saucepan over low heat. Cover with a lid and cook, stirring occasionally, for 10 minutes or until the eggplant is soft, adding a splash of water if necessary.

2 Add the coriander, yoghurt and lemon juice to the pan. Use a handheld blender to blend until smooth.

3 Divide the mixture between four pots or small bowls. Serve each with a quartered carrot.

NUTRITIONAL INFO

PER SERVE 344kJ (82Cal), **protein** 3g, **total fat** 1g (sat. fat 0g), **carbs** 13g, **fibre** 8g, **sodium** 105mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

LOWER-CARB OPTION

Try serving with 4 celery stalks, cut into smaller pieces, in place of the carrot.

NUTRITIONAL INFO

PER SERVE 179kJ (43Cal), **protein** 2g, **total fat** 1g (sat. fat 0g), **carbs** 5g, **fibre** 4g, **sodium** 81mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO LC

SPICY TORTILLA CHIPS WITH POMEGRANATE HUMMUS

PREP 10 MINS **COOK** 5 MINS
SERVES 4 (AS A SNACK)

¼ tsp ground cumin
½ tsp smoked paprika
1 tsp olive oil
1 wholemeal tortilla wrap or
gluten-free wrap
100g hummus
2 tbsp pomegranate seeds or
reduced sugar Craisins
Chopped coriander, to serve

1 Preheat oven to 180°C (fan-forced). Line a large baking tray with non-stick baking paper.

2 Combine cumin, paprika and oil in a small bowl. Brush spice mix over both sides of tortilla so it is evenly coated. Cut tortilla into 20-22 triangles and spread over the tray. Bake tortilla chips for 5-10 minutes or until crisp and golden. Cool.

3 Divide the hummus between serving plates. Scatter over the pomegranate seeds and coriander. Serve with the tortilla chips.

NUTRITIONAL INFO

PER SERVE 475kJ (113Cal), **protein** 3g, **total fat** 7g (sat. fat 1g), **carbs** 8g, **fibre** 2g, **sodium** 179mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



7-day plan

GF

DARK CHOCOLATE ORANGE CREAM

PREP 10 MINS **SERVES** 2 (AS A DESSERT)

25g 85% dark chocolate,
broken into pieces
150g diet vanilla yoghurt
1 small (120g) orange
Few mint sprigs, leaves picked,
to serve

1 Put the chocolate in a small microwave-safe bowl. Heat on Medium/50% in short 30 second bursts, until the chocolate melts and is smooth. Set aside to cool slightly. Mix in a little of the yoghurt.

2 Finely grate the zest from half the orange. Use a small sharp knife to cut away the peel and pith. Chop the orange flesh.

3 Stir the remaining yoghurt into the chocolate. Stir in the orange zest. Put the orange pieces in the base of two small serving glasses. Spoon the chocolate mixture on top. Scatter over a few mint leaves and serve.

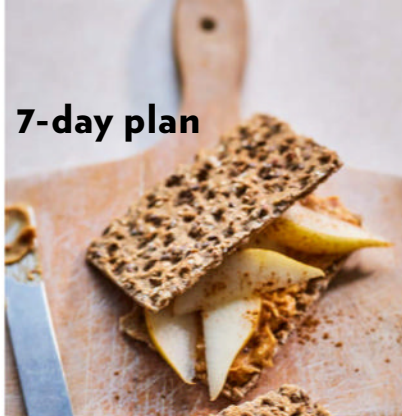
NUTRITIONAL INFO

PER SERVE 688kJ (165Cal), **protein** 6g, **total fat** 6g (sat. fat 4g), **carbs** 21g, **fibre** 2g, **sodium** 57mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

COOK'S TIP Keep in the fridge for up to 3 days.



7-day plan



GF

PEAR & PEANUT CRUNCH

PREP 5 MINS SERVES 2 (AS A SNACK)

2 tsp no-added-salt or sugar
crunchy peanut butter
4 multigrain crispbreads or
gluten-free crispbreads
1 small pear, halved, cored, cut
into thin wedges
Ground cinnamon

1 Spread the peanut butter over one side of two crispbreads. Top with the pear wedges and dust with a little cinnamon. Top with the remaining crispbreads and serve straightaway.

NUTRITIONAL INFO

PER SERVE 729kJ (174Cal), **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 23g, **fibre** 7g, **sodium** 106mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option**



LC

NUT BUTTER SLICES

PREP 5 MINS SERVES 4 (AS A SNACK)

2 tbsp almond spread
4 tbsp rolled oats
2 tbsp unsalted roasted peanuts,
roughly chopped
1 date, pitted, finely chopped

1 Put the almond spread, oats, peanuts and date in a small bowl. Use your hands to bring the mixture together to form a ball (you may need to add up to 1 tbsp warm water from the kettle to help bind the ingredients).

2 Form the mixture into a thick log. Slice into 4 pieces then press into flat rounds.

NUTRITIONAL INFO

PER SERVE 503kJ (120Cal), **protein** 4g, **total fat** 9g (sat. fat 1g), **carbs** 5g, **fibre** 3g, **sodium** 1mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

COOK'S TIP Keep in an airtight container for up to 3 days.



GF

LC

DECONSTRUCTED GUACAMOLE

PREP 5 MINS SERVES 2 (AS A SNACK)

2 tomatoes, finely chopped
4 tsp finely chopped red onion
2 tsp finely chopped coriander
1 small avocado, halved and stone removed
Pinch ground chillies
2 small lime wedges, to serve

1 Put the tomatoes, onion and coriander in a bowl. Season with freshly ground black pepper. Toss to combine.

2 Spoon the tomato mixture onto the avocado halves. Sprinkle with a little ground chillies. Serve each with a lime wedge for squeezing over.

NUTRITIONAL INFO

PER SERVE 430kJ (103Cal), **protein** 2g, **total fat** 7g (sat. fat 1g), **carbs** 5g, **fibre** 6g, **sodium** 11mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF

LC

CINNAMON & APRICOT TRAIL MIX

PREP 5 MINS SERVES 1 (AS A SNACK)

5g (¾ cup) plain unsalted popcorn
2 dried apricots, finely sliced
1 tsp toasted mixed seeds
3 walnut halves, roughly broken
Few pinches ground cinnamon

1 Put all the ingredients in a bowl. Toss to combine.

NUTRITIONAL INFO

PER SERVE 417kJ (100Cal), **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 7g, **fibre** 3g, **sodium** 3mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

COOK'S TIP Keep in an airtight container for up to 3 days.



budget-friendly

HOW OUR
FOOD WORKS
FOR YOU
see page 90

Super supper **SAVERS**

Tuck in to these easy, speedy meals – they taste great
and won't break the bank either

Eggplant stuffed
with mozzarella
Recipe, page 54

\$5.70
PER
SERVING



GFO LC

EGGPLANT STUFFED WITH MOZZARELLA

PREP 10 MINS COOK 50 MINS
SERVES 4 (AS A MAIN)

- 2 eggplants
- 2 tbsp olive oil, plus 1 tsp for drizzling
- 1 large brown onion, finely chopped
- 4 cloves garlic, finely chopped
- 12 cherry tomatoes, halved
- 12 pitted green olives, chopped
- Handful basil leaves, chopped
- 125g bocconcini, torn into bite-size pieces
- 20g (¼ cup) fresh white breadcrumbs or gluten-free breadcrumbs

SALAD

- 60g mixed lettuce leaves
- ½ small red capsicum
- ½ punnet (100g) cherry tomatoes
- 1 small Lebanese cucumber, chopped
- Squeeze fresh lemon juice

1 Preheat oven to 200°C (fan-forced). Slice the eggplants in half lengthways, leaving the stem intact. Using a small knife, cut a border inside each eggplant about ½-1cm thick. Using a teaspoon, scoop out the eggplant flesh, so that you have 4 shells. Brush these with a little of the oil, season with pepper and place in a baking dish large enough to hold the eggplant

in a single layer. Cover with foil and bake for 20 minutes. Chop the flesh and set aside.

2 Meanwhile, add the remaining oil to a large non-stick frying pan. Add the onion and cook, stirring occasionally, for 7-8 minutes or until softened. Add the chopped eggplant flesh and cook, stirring occasionally, for 4-5 minutes or until softened. Stir in the garlic and tomatoes. Cook, stirring, for 3 minutes. Stir in the olives, basil and bocconcini. Season with freshly ground black pepper.

3 When the eggplant shells are tender, remove from the oven and reduce heat to 180°C (fan-forced). Pile the stuffing into shells, sprinkle with breadcrumbs and drizzle with a little more oil. Bake for 15-20 minutes or until the bocconcini is gooey and the breadcrumbs are golden.

4 Meanwhile, to make the salad, toss all the ingredients together.

5 Serve the eggplant with the salad.

NUTRITIONAL INFO

PER SERVE 1320kJ (316Cal), protein 12g, total fat 20g (sat. fat 6g), carbs 18g, fibre 10g, sodium 380mg • Carb exchanges 1 • GI estimate medium • Gluten-free option • Lower carb

LC

SPINACH & GRUYERE TART

PREP 10 MINS COOK 30 MINS
SERVES 4 (AS A MAIN)

- 1 tbsp olive oil
- 6 sheets (84g) chilled filo pastry
- 1 brown onion, finely chopped
- 450g frozen spinach, defrosted and excess liquid squeezed out
- 80ml (⅓ cup) light thickened cream
- Pinch ground nutmeg
- 100g gruyere cheese, or Swiss cheese grated

1 Preheat oven to 180°C (fan-forced). Brush a 20cm tart tin with oil and line with the filo pastry, brushing each sheet with a little oil and overlapping so they fit the tin with some over the edge. Bake for 15 minutes. Squash down the top if it puffs up.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 7-8 minutes or until softened. Add the spinach and cook, stirring often, until the spinach heats through. Stir in the cream, nutmeg and cheese. Season with black pepper.

3 Spoon the spinach mixture into the pastry case. Bake for 15 minutes or until just set. Serve.

NUTRITIONAL INFO

PER SERVE 1230kJ (294Cal), protein 13g, total fat 19g (sat. fat 8g), carbs 15g, fibre 6g, sodium 365mg • Carb exchanges 1 • GI estimate low • Lower carb

budget-friendly



**Spinach and
gruyere tart**
Recipe, opposite



budget-friendly

MUSHROOM & GOAT'S CHEESE CALZONE

PREP 10 MINS **COOK** 20 MINS **SERVES** 2 (AS A MAIN)

250g Lighthouse Pizza & Focaccia Bread Mix
2 tsp olive oil
300g mixed mushrooms
1 clove garlic, crushed
Pinch chilli flakes
1 tsp finely chopped rosemary leaves
1 tbsp light sour cream
100g goat's cheese or light feta
60g rocket leaves, to serve

1 Make up the pizza dough following pack instructions.

2 Meanwhile, to make the filling; heat 1 tsp oil in a large non-stick frying pan over medium-high heat. Add the mushrooms and cook, stirring often, for 8 minutes or until

golden. Add the garlic, chilli and rosemary. Cook, stirring, for 1 minute. Stir in the sour cream and 1 tbsp water. Remove the pan from the heat.

3 Preheat oven to 200°C (fan-forced). Line a baking tray with non-stick baking paper. Roll out the dough out on a lightly floured surface to a 30cm-diameter circle. Spread the mushroom mix across half of the circle, leaving a 2cm border from the edge, and scatter on the goat's cheese. Fold over and press to seal.

4 Brush the calzone with the

remaining oil and transfer to the lined tray. Cook for 15-20 minutes or until risen and golden. Cut into halves and serve with the rocket.

NUTRITIONAL INFO

PER SERVE 2470kJ (591Cal),
protein 25g, **total fat** 27g (sat. fat 11g), **carbs** 57g, **fibre** 6g, **sodium** 786mg • **Carb exchanges** 4 • **GI estimate** medium



\$7.60
PER
SERVING



GFO LCO

MINCED LAMB SKEWERS

PREP 15 MINS **COOK** 20 MINS
SERVES 4 (AS A MAIN)

500g lamb mince
1 brown onion, finely chopped
3 tbsp Korma curry paste or
gluten-free curry paste
1 bunch coriander, chopped
150g fat-free natural yoghurt
2 tbsp chopped mint
1 clove garlic, crushed
16 small wooden skewers, soaked
for 30 minutes
120g mixed salad leaves
1 avocado, sliced
2 naan bread or gluten-free pita,
heated, halved, to serve

1 Preheat oven to 200°C (fan-forced).
Line a baking tray with non-stick
baking paper. Combine the lamb,
onion, curry paste and most of the

coriander in a large bowl. Season
with freshly ground black pepper.

2 Press 2 tbsp of the lamb around
each skewer to form kebabs and
transfer to the lined tray. Bake for
15-20 minutes or until cooked
through.

3 Meanwhile, put the yoghurt, mint
and garlic in a small bowl. Season
with freshly ground black pepper.

4 Serve the skewers with the salad
leaves, remaining coriander and
yoghurt.

NUTRITIONAL INFO

PER SERVE 1860kJ (445Cal),
protein 33g, **total fat** 21g (sat. fat
6g), **carbs** 28g, **fibre** 6g, **sodium**
813mg • **Carb exchanges** 2 • **GI**
estimate medium • **Gluten-free**
option

\$5.70
PER
SERVING

LOWER-CARB OPTION

Replace the naan with 4 low carb
wraps to serve, such as Simson's
Pantry Keto Wraps.

NUTRITIONAL INFO

PER SERVE 1730kJ (414Cal),
protein 38g, **total fat** 22g (sat. fat
7g), **carbs** 10g, **fibre** 14g, **sodium**
659mg • **Carb exchanges** ½ • **GI**
estimate low • **Lower carb**

budget-friendly



\$7.25
PER
SERVING

GFO

VEGETABLE CURRY

PREP 15 MINS **COOK** 50 MINS
SERVES 4 (AS A MAIN)

1 tbsp olive oil
2 red onions, thinly sliced
½ x 350g jar Rogan Josh paste or
gluten-free paste
½ (700g) butternut pumpkin, cut
into chunks
300g cauliflower, broken into
florets
1 salt-reduced vegetable stock
cube or gluten-free option
1 bunch coriander, leaves, picked,
stalks finely chopped
500ml passata
500ml (2 cups) water
1 red capsicum, sliced

1 yellow capsicum, sliced
420g can no-added-salt chickpeas,
drained and rinsed
100g low-fat natural yoghurt
1 green chilli, sliced
2 naan bread or gluten-free pita,
halved, to serve

1 Heat the oil in a large non-stick frying pan over low heat. Add the onions and cook, stirring often, for 8-10 minutes, adding a splash of water if they start to stick. Add the paste and cook, stirring, for 1 minute. Stir in the pumpkin, cauliflower, stock cube, coriander stalks, passata and water. Simmer for 20 minutes, adding some more water if it gets too thick.

2 Add the capsicums and chickpeas. Cook, stirring occasionally, for 15-20 minutes or until all the vegetables are tender. Stir in the yoghurt and most of the coriander leaves.

3 Scatter the remaining coriander and the sliced chilli over the vegetables. Serve with naan.

NUTRITIONAL INFO

PER SERVE 1870kJ (447Cal),
protein 18g, **total fat** 12g (sat. fat
2g), **carbs** 57g, **fibre** 16g, **sodium**
942mg • **Carb exchanges** 4 • **GI**
estimate medium • **Gluten-free**
option

GFO LCO

CREAMY TAGLIATELLE WITH FENNEL

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS A MAIN)

1 tbsp olive oil
2 fennel heads, halved and thinly sliced
2 tsp fennel seeds
3 cloves garlic, finely chopped
300g dried fettuccine or gluten-free legume pasta
1 tsp fresh lemon zest and a squeeze of fresh lemon juice
6 tbsp light sour cream
Handful flat-leaf parsley, roughly chopped

SALAD

60g rocket leaves
200g cherry tomatoes, halved
1 Lebanese cucumber, sliced
2 tbsp parmesan shavings
Drizzle balsamic vinegar

1 Heat the oil in a large non-stick frying pan over medium heat. Add

the fennel and cook, stirring occasionally, for 7 minutes. Add the fennel seeds and garlic and cook, stirring, for 3 minutes.

2 Meanwhile, cook the pasta following pack instructions, reserving 3 tbsp of the cooking water for the sauce.

3 Stir the lemon zest, juice, sour cream and most of the parsley into the fennel mixture. Cook, stirring, over medium heat until the sauce heats through. Add the pasta and reserved water to the pan. Season with freshly ground black pepper. Stir well. Scatter over the remaining parsley.

4 Toss together all the ingredients apart from the vinegar. Divide the salad between serving plates and

drizzle with the vinegar. Serve with the pasta.

NUTRITIONAL INFO

PER SERVE 1790kJ (428Cal),
protein 14g, **total fat** 13g (sat. fat 5g), **carbs** 60g, **fibre** 7g, **sodium** 109mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the fettuccine with 300g Slendier Soy Bean Fettuccine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1060kJ (254Cal),
protein 16g, **total fat** 14g (sat. fat 6g), **carbs** 11g, **fibre** 11g, **sodium** 109mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

\$4.85
PER
SERVING



budget-friendly

\$5.50
PER
SERVING



GFO LCO

PENNE WITH CHORIZO & BROCCOLI

PREP 5 MINS COOK 20 MINS
SERVES 4 (AS A MAIN)

320g dried penne pasta or
gluten-free legume pasta
300g broccoli, broken into small
florets
200g chorizo or gluten-free
chorizo, finely chopped
2 cloves garlic, crushed
1 tbsp fennel seeds
200g Bulla Cottage Cheese Onion
& Chives
2 tbsp shredded parmesan
30g rocket leaves, to serve

1 Cook the penne in a large
saucepan of boiling water
following pack instructions, adding
the broccoli for the final 3 minutes

of cooking. Drain, reserving a
splash of the cooking water.

2 Meanwhile, add the chorizo to a
dry, non-stick frying pan over
medium heat. Cook, stirring, for 2-3
minutes or until it starts to turn
golden and release its oils. Add the
garlic and fennel seeds to the pan.
Cook, stirring, for 1 minute.

3 Add the cooked pasta to the pan
with the chorizo. Add the cottage
cheese and a splash of the reserved
cooking water. Cook, stirring, until
the pasta is coated in the sauce.

4 Divide the pasta between serving
bowls. Top with rocket leaves and
parmesan.

NUTRITIONAL INFO

PER SERVE 2140kJ (512Cal),

protein 31g, total fat 16g (sat. fat 6g), carbs 55g, fibre 12g, sodium 808mg • Carb exchanges 3½ • GI estimate low • Gluten-free option

LOWER-CARB OPTION

Replace the pasta with 320g Slendier Edamame Fettucine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1400kJ (335Cal), protein 33g, total fat 17g (sat. fat 7g), carbs 10g, fibre 10g, sodium 804mg • Carb exchanges ½ • GI estimate low • Gluten-free option • Lower carb

GF

VEGIE & CHILLI HASH

PREP 10 MINS **COOK** 30 MINS

SERVES 2 (AS A MAIN)

280g Zerella Spud Lite Potatoes, unpeeled, cut into cubes
2 tbsp light margarine
2 tsp olive oil
1 red chilli, half sliced, half deseeded and finely chopped
1 clove garlic, chopped
1 tsp Cajun seasoning
½ x 420g can no-added-salt corn kernels, rinsed and drained
½ x 420g can no-added-salt black beans, rinsed and drained
2 x 60g eggs
1 small ripe avocado, chopped
Lime wedges, to serve
2 tsp light sour cream, per person, to serve

1 Cook the potatoes in a medium saucepan of boiling water for 5 minutes. Drain and set-aside to steam dry.

2 Heat half the margarine and oil in the saucepan over medium heat. Add the potatoes and cook, stirring often, for 10-15 minutes or until golden. Add the chopped chilli, garlic, Cajun seasoning, corn and black beans. Cook, stirring, for 5 minutes or until heated through. Season with freshly ground black pepper. Cover and set aside to keep warm.

3 Heat the remaining margarine and oil in a large non-stick frying pan over medium heat. Add the eggs and cook for 2-3 minutes, or until cooked to your liking.

4 Divide the potato mixture between serving bowls. Top each bowl with an egg, avocado and sliced chilli. Serve with lime wedges and sour cream.

NUTRITIONAL INFO

PER SERVE 1880kJ (450Cal),
protein 17g, **total fat** 26g (sat. fat 6g), **carbs** 30g, **fibre** 11g, **sodium** 328mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**



\$4.30
PER
SERVING

budget-friendly

GFO LC

BACON & RICOTTA OVEN-BAKED FRITTATA

PREP 10 MINS COOK 30 MINS

SERVES 6 (AS A MAIN)

20g light margarine
2 leeks, trimmed, sliced
8 lean rashers bacon or gluten-free bacon, chopped
6 x 60g eggs, lightly whisked
250g reduced-fat ricotta
100ml light thickened cream
1 bunch chives, chopped
100g baby spinach leaves
1 avocado, sliced
1 Lebanese cucumber, sliced
Balsamic vinegar
300g wholemeal sourdough or gluten-free bread

1 Preheat oven to 180°C (fan-forced). Line a 20 x 30cm roasting tin with non-stick baking paper. Melt the margarine in a large non-stick frying pan over medium heat. Add the leeks and cook, stirring occasionally, for 8-10 minutes, or until soft, adding a splash of water if they start to stick. Transfer the leeks to a bowl.

3 Add the bacon to the frying pan and cook, stirring often, for 5 minutes or until crisp. Add to the leeks and stir to combine. Set aside.

4 Add the eggs, ricotta, cream and chives to the leeks and bacon. Season with freshly ground black

pepper. Whisk well to combine. Pour the mixture into the lined roasting tin and cook for 20-25 minutes or until set.

5 Meanwhile, divide the spinach leaves, avocado and cucumber between serving plates. Drizzle with a little vinegar.

6 Cut the frittata into squares and serve with the salad and crusty bread.

NUTRITIONAL INFO

PER SERVE 1640kJ (392Cal),
protein 28g, **total fat** 18g (sat. fat 6g), **carbs** 25g, **fibre** 8g, **sodium** 986mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

\$5.30
PER
SERVING

COOK'S TIP

To make the frittata vegetarian, omit the bacon and add a handful of strong reduced-fat grated cheddar instead.

Discover for yourself why slow cookers are making a comeback. Throw in the ingredients, flick on a switch, get on with your day and arrive home to the enticing aroma of a delicious winter meal.

READY, SET, slow

Chilli beef
Recipe, page 64

COOK'S TIP

If you don't have all the spices on hand or prefer just to buy one spice, simply replace all the spices with 3 tsp Mexican chilli powder, which is a combination of spices.

GF LCO

CHILLI BEEF

PREP 10 MINS **COOK** 4 HOURS 10 MINS
SERVES 6 (AS A MAIN)

2 tsp olive oil
 2 brown onions, chopped
 2 cloves garlic, chopped
 750g extra lean beef mince
 2 tsp ground coriander
 1 tsp ground cinnamon
 1 tsp ground cumin
 ½-1 tsp ground chillies
 800g can no-added-salt chopped tomatoes
 140g tub no-added-salt tomato paste
 1 red capsicum, chopped
 2 large zucchini, chopped
 400g can no-added-salt kidney beans, rinsed and drained
 210g (1 cup) Doongara rice, cooked following packet directions
 Fresh coriander leaves, to serve (optional)

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add the onion and garlic and cook, stirring, for 2 minutes. Increase heat to high and add the beef mince. Cook, breaking up with a wooden spoon, for 2-3 minutes or until it just changes colour. Add the coriander, cinnamon, cumin and chillies. Cook, stirring, for 1 minute. Add the chopped tomatoes and tomato paste to the pan. Bring to a simmer.

2 Pour the beef mixture into a slow cooker. Stir in the capsicum, zucchini and beans. Cover and cook on High for 4 hours.

3 Serve the chilli beef with the rice and top with coriander leaves, if you like.

NUTRITIONAL INFO

PER SERVE 1830kJ (438Cal), **protein** 39g, **total fat** 9g (sat. fat 4g), **carbs** 48g, **fibre** 10g, **sodium** 131mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

LOWER-CARB OPTION

Instead of serving on a bed of rice, serve the beef mixture wrapped in a lower carb wrap, such as Simson's Pantry Low Carb Keto Wraps (use one per serve).

NUTRITIONAL INFO

PER SERVE 1780kJ (426Cal), **protein** 45g, **total fat** 14g (sat. fat 5g), **carbs** 24g, **fibre** 18g, **sodium** 303mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GFO LCO

CHICKEN CACCIATORE

PREP 15 MINS **COOK** 4½ HOURS
SERVES 4 (AS A MAIN)

4 large chicken drumsticks, skin removed (650g skinless weight)
 2 tbsp plain flour or gluten-free flour
 1 tsp olive oil
 125ml (½ cup) white wine
 125ml (½cup) salt-reduced chicken stock or gluten-free stock
 400g can no-added-salt canned tomatoes
 55g (⅓ cup) pitted kalamata olives
 1 brown onion, chopped
 2 celery sticks, chopped
 2 large carrots, chopped
 2 cloves garlic, chopped
 2 sprigs marjoram
 1 bay leaf
 1 tbsp balsamic vinegar
 1 tbsp brown sugar
 3 strips lemon zest
 170g dried spiral pasta (or pasta of your choice) or gluten-free legume pasta, cooked, to serve

1 Coat the chicken in the flour, shaking off any excess. Season chicken with freshly ground black pepper. Heat the oil in a large non-stick frying pan over medium-high heat. Add the chicken and cook, turning occasionally, for 3-4 minutes or until browned. Transfer to a slow cooker.

2 Add the wine, stock and tomatoes to the pan. Increase heat to high and bring to the boil. Pour over the chicken in the slow cooker. Add the olives, onion, celery, carrot, garlic, marjoram, bay leaf, vinegar, sugar and lemon. Cover and cook on High for 4 hours.

3 Serve the chicken and sauce with the pasta.

NUTRITIONAL INFO

PER SERVE 2180kJ (522Cal), **protein** 39g, **total fat** 14g (sat. fat 4g), **carbs** 51g, **fibre** 8g, **sodium** 579mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the spiral pasta with 200g Slender Soy Bean Fettucine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1800kJ (431Cal), **protein** 41g, **total fat** 15g (sat. fat 4g), **carbs** 24g, **fibre** 11g, **sodium** 580mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

If you prefer, you can omit the wine and increase the stock. For something a little different, replace the kalamata olives with green olives.

Chicken Cacciatore
Recipe, opposite

slow cooking

GFO LCO

CHICKPEA & PUMPKIN STEW

PREP 20 MINS **COOK** 5 HOURS 20 MINS **SERVES** 4 (AS A MAIN)

- 1 tbsp olive oil
- 1 red onion, sliced
- 2 cloves garlic, crushed or finely grated
- 1 pumpkin (around 600g), peeled, deseeded, cut into bite-size chunks
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- 420g can no-added-salt chickpeas, undrained
- 400g can no-added-salt chopped tomatoes
- 2 tbsp tomato paste
- 500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
- Handful coriander, chopped, to serve
- 120g (⅔ cup) couscous or quinoa, cooked following pkt directions, to serve

1 Heat the oil in a large non-stick frying pan over medium-low heat. Add the onion and cook, stirring occasionally, for 10-12 minutes or until the onion softens and starts to turn golden. Add the garlic and cook, stirring, for 1 minute. Add the pumpkin and cook, stirring, for 1 minute. Add the cumin, paprika, coriander, turmeric, cinnamon and ginger. Cook, stirring, for 1 minute or until fragrant.

2 Transfer the mixture into the slow cooker. Add the undrained chickpeas, tomatoes, tomato paste and the stock to the slow cooker. Mix well. Cook on High for 5 hours or low for 7 hours. Sprinkle with the coriander and serve with the couscous.

NUTRITIONAL INFO

PER SERVE 1350kJ (323Cal), **protein** 13g, **total fat** 7g (sat. fat 2g), **carbs** 47g, **fibre** 11g, **sodium** 392mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Omit the couscous, instead try serving with 2 cups (220g) cauliflower rice, prepared following packet instructions.

PER SERVE 939kJ (225Cal), **protein** 10g, **total fat** 7g (sat. fat 2g), **carbs** 26g, **fibre** 10g, **sodium** 414mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



Chickpea &
pumpkin stew
Recipe, opposite

A close-up photograph of a dark brown ceramic bowl filled with a creamy chicken and mushroom dish. The dish includes chunks of cooked chicken, sliced mushrooms, and Brussels sprouts, all coated in a light-colored cream sauce and garnished with finely chopped green herbs. Two slices of crusty white bread are placed on the left side of the bowl. A silver fork and a green-handled knife are positioned behind the bowl. The bowl sits on a dark, textured surface, with a blue cloth partially visible underneath. A glass of water is partially visible in the bottom right corner.

**Creamy chicken &
mushrooms**

Recipe, page 70

COOK'S TIP

If you are going to be home when this dish is cooking and you like your Brussels sprouts on the firmer side, simply add them when there is about 1 hour to go.

COOK'S TIP

If you want to make this dish before you go out, you can add the zucchini at the beginning, just cut into bigger chunks.



**Creamy coconut
curried vegetables**
Recipe, page 70

GFO LCO

CREAMY CHICKEN & MUSHROOMS

PREP 10 MINS **COOK** 4 HOUR 10 MINS
SERVES 4 (AS A MAIN)

4 large drumsticks, skin removed (650g skinless weight)
2 tbsp plain flour or gluten-free flour
2 tsp olive oil
200g button mushrooms, halved
3 cloves garlic, finely chopped
300g Brussels sprouts, trimmed, halved
1 bunch spring onions, peeled, quartered
2 celery sticks, halved lengthways, thinly sliced
375ml can light evaporated milk
250ml (1 cup) salt-reduced chicken stock or gluten-free stock
Zest of 1 small lemon
3 tbsp chopped flat-leaf parsley
1 tbsp chopped dill
Squeeze fresh lemon juice
140g sliced wholemeal sourdough bread or gluten-free wholegrain bread, to serve

1 Coat the chicken in the flour, shaking off any excess. Season the chicken with freshly ground black pepper. Heat the oil in a large non-stick frying pan over medium-high heat. Add the chicken and cook, turning occasionally, for 3-4 minutes or until browned. Transfer to a slow cooker.

2 Add the mushrooms and garlic to the pan and cook, stirring often, for 2 minutes. Add the mushrooms, sprouts, spring onion, celery, milk and stock to the slow cooker. Stir. Cook on High for 4 hours.

3 Transfer the chicken to a plate and set aside to cool for 10 minutes. Pull the chicken off the bones and shred the flesh.

3 Return the chicken to the slow

cooker with the lemon zest, parsley, dill and lemon juice. Season with pepper. Serve with bread.

NUTRITIONAL INFO

PER SERVE 1910kJ (457Cal),
protein 47g, **total fat** 13g (sat. fat 4g), **carbs** 32g, **fibre** 8g, **sodium** 574mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Omit the bread and serve with 2 bunches steamed broccolini.

NUTRITIONAL INFO

PER SERVE 1670kJ (400Cal),
protein 46g, **total fat** 13g (sat. fat 4g), **carbs** 20g, **fibre** 8g, **sodium** 435mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GF

CREAMY COCONUT CURRIED VEGETABLES

PREP 15 MINS **COOK** 4 HOURS
SERVES 4 (AS A MAIN)

2 tbsp Pataks Korma Curry Paste
1 brown onion, cut into thin wedges
2 carrots, chopped
300g cauliflower, chopped
750g Jap pumpkin, peeled, deseeded, chopped
2 x 420g cans no-added-salt chickpeas, rinsed and drained
400ml can light coconut milk
185ml can Carnation Light Evaporated Milk
3 zucchinis, chopped
Fresh coriander leaves, to serve (optional)

1 Put the curry paste, onion, carrot, cauliflower, pumpkin and chickpeas in a slow cooker. Stir well.

2 Add the coconut milk and

evaporated milk to the slow cooker. Stir well. Cover and cook on High for 3 hours.

3 Add the zucchini. Stir. Cover and cook for a further 1 hour.

4 Divide the curry between serving bowls. Top with coriander, if you like, to serve.

NUTRITIONAL INFO

PER SERVE 1550kJ (371Cal),
protein 17g, **total fat** 12g (sat. fat 8g), **carbs** 41g, **fibre** 16g, **sodium** 438mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

GFO LC

BROCCOLI & CHEDDAR SOUP

PREP 15 MINS **COOK** 3 HOURS 15 MINS **SERVES** 6 (AS A MAIN)

- 1 tbsp olive oil
- 1 brown onion, chopped
- 2 cloves garlic, crushed or finely grated
- 250g Zerella Spud Lite Potatoes, roughly chopped
- 1 head broccoli (325g), roughly chopped
- 750ml salt-reduced chicken or vegetable stock or gluten-free stock
- 150g reduced-fat mature cheddar, cut into cubes
- 6 tbsp Nestle Carnation Lite Cooking Cream

1 x 40g slice wholemeal sourdough or gluten-free bread, chargrilled or toasted, per serve

1 Heat the oil in a large non-stick frying pan over medium-low heat. Add the onion and cook, stirring occasionally, for 10-12 minutes or until soft, but not golden. Stir in the garlic and cook, stirring, for 1 minute. Stir in the potatoes and cook, stirring occasionally, for 4-5 minutes to soften slightly.

2 Add the potato mixture to your slow cooker. Add the broccoli and stock and season well with freshly ground black pepper. Cook on High for 3 hours or low for 5 hours. The broccoli should be tender but the stalk may still have a bit of bite.

3 Add the cheddar and stir until it melts. Stir in 80ml (1/3 cup) cream. Pour the soup into a blender and blend until smooth. Serve with a swirl of the remaining cream, a grinding of freshly ground black pepper and the bread on the side for dunking.

NUTRITIONAL INFO

PER SERVE 1380kJ (330Cal), **protein** 17g, **total fat** 16g (sat. fat 8g), **carbs** 25g, **fibre** 6g, **sodium** 676mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**





GFO

OSSO BUCCO

PREP 10 MINS **COOK** 8 HOURS
SERVES 4 (AS A MAIN)

2 tbsp plain flour or gluten-free flour
4 (180g each) veal osso bucco, trimmed
2 tsp olive oil
250ml (1 cup) red wine
250ml (1 cup) salt-reduced beef stock or gluten-free stock
3 carrots, finely chopped
3 celery sticks, finely chopped
2 brown onions, finely chopped
3 cloves garlic, peeled
3 sprigs rosemary
400g can no-added-salt chopped tomatoes
250g green beans, steamed, to serve
Finely grated zest of 1 lemon
¼ cup chopped flat-leaf parsley
1 clove garlic, crushed

MASHED POTATO

1 kg Zerella Spud Lite Potatoes, chopped
1 tbsp 40% reduced-fat margarine
160ml (⅔ cup) skim milk, warmed

1 Put the flour on a large plate and season with freshly ground black pepper. Add the veal and turn to coat in the flour, shaking off any excess. Heat the oil in a large non-stick frying pan over medium-high heat. Add the veal and cook for 2 minutes each side or until lightly golden. Place the veal over the base of a slow cooker.

2 Increase the pan heat to high and add the wine, cook scraping the base of the pan with a wooden spoon, to remove any bits from the base of the pan. Add the stock and bring the liquid to a simmer.

3 Add the carrot, celery, onion, garlic, rosemary and tomatoes to

the slow cooker. Pour over the hot liquid. Cover and cook on low setting for 8 hours or until the veal starts to fall apart and is coming off the bone.

4 To make the mashed potato; cook the potatoes in a large saucepan of boiling water for 10-15 minutes or until tender. Drain well and return to the pan. Add the margarine and mash until almost smooth. Add the milk and beat with a wooden spoon until smooth.

5 To serve, remove the osso bucco from the slow cooker and pull the meat off the bone, remove and discard the bones and any fat. Break the meat into pieces and return to the slow cooker.

6 Divide the mash and beans between shallow serving bowls. Spoon the meat and sauce between serving bowls. Combine the lemon, parsley and garlic in a small bowl. Sprinkle with the parsley and lemon mixture and serve.

NUTRITIONAL INFO

PER SERVE 2490kJ (596Cal),
protein 38g, **total fat** 20g (sat. fat 8g), **carbs** 47g, **fibre** 14g, **sodium** 428mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

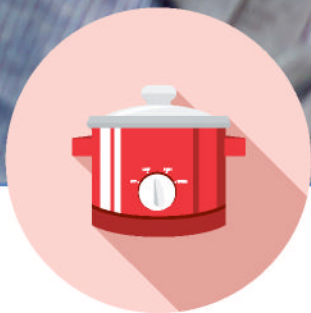
COOK'S TIP

If you don't have any rosemary, you can replace it with thyme. If you prefer to omit the wine, simply increase the stock to 500ml (2 cups).

slow cooking



Osso bucco
Recipe, opposite



SLOW COOKER TIPS

Using a slow cooker is a great way to save both time and money. Simply prepare your ingredients, throw them into the dish, turn on in the morning and walk away. A delicious and healthy dinner will be ready to serve when you get home. Too easy!

When slow cooking, generally add less liquid than you would to dishes cooking in the stove or oven. Your dish will stay more succulent than you're used to, and food will cook in its own juices.

Choosing the right slow cooker for you will depend on how much you want to spend and your individual requirements.

You can choose one from as little as \$30 to an investment of several hundreds.

Thicker ceramic-based slow cookers tend to hold the heat better, giving a more even cooking temperature.

Most cookers will need $\frac{1}{2}$ cup of liquid to work properly.

Try not to open the lid if possible as the heat escapes when you do this and can take a long time to get back to the temperature.

GF

CREAMY POTATO GRATIN

PREP 15 MINS **COOK** 4-6 HOURS

SERVES 6 (AS A SIDE)

3 tsp light margarine
1 clove garlic, crushed or finely grated
1 kg Zerella Spud Lite Potatoes, cut into $\frac{1}{4}$ cm-thick slices
300ml Nestle Carnation Lite Cooking Cream
200ml skim milk
50g ($\frac{1}{3}$ cup) grated parmesan
Small handful flat-leaf parsley, finely chopped

1 Melt the margarine in a large non-stick frying pan over medium-low heat. Add the garlic and cook, stirring, for 1 minute. Tip in the sliced potatoes, cream and milk. Season well with freshly ground black pepper. Stir continuously for 5-10 minutes or until the cream and milk are steaming and the liquid

thickens (it should coat the back of a spoon). Scatter in the cheese and stir until it melts.

2 Tip the potato mixture into a slow cooker and push the potatoes down until submerged in the liquid. Cook on High for 4 hours or low for 6 hours or until the potatoes are tender.

3 To brown, gently transfer the potato mixture to an ovenproof dish and cook under grill preheated on high for 5-10 minutes. Sprinkle with the chopped parsley and serve.

NUTRITIONAL INFO

PER SERVE 930kJ (222Cal), **protein** 8g, **total fat** 10g (sat. fat 6g), **carbs** 21g, **fibre** 3g, **sodium** 170mg • **Carb exchanges** $1\frac{1}{2}$ • **GI estimate** high • **Gluten free**

COOK'S TIP

The potato bake will keep, covered in the fridge, for up to 2 days. Cut into portions and reheat in an oven preheated to 160°C (fan-forced) for 20 minutes or until piping hot. For a complete and balanced meal serve with one of the following options – grilled salmon & steamed greens, BBQ lamb cutlets & green salad or marinated chicken kebabs & barbecued zucchini and asparagus.

slow cooking

Creamy potato gratin *Recipe, opposite*



Indulge in all your favourite feel-good desserts
with our healthier take on these winter classics

Winter WONDERS

Apple & ricotta
pancake stacks
Recipe, page 78

dessert

**HOW OUR
FOOD WORKS
FOR YOU**
see page 90

Apple &
raspberry pies
Recipe, page 78

Dolce e Salata

Marlena de Blasi

Dolce e Salata
Marlena de Blasi
A Bittersweet Adventure in Tuscany

GFO

APPLE & RICOTTA PANCAKE STACKS

PREP 5 MINS COOK 5 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

2 Nanna's French-Style Frozen Gluten-Free Crepes, defrosted
3 tbsp reduced-fat ricotta
1 tbsp sugar-free maple syrup
Pinch ground cinnamon
200g canned no-added-sugar sliced apple
Icing sugar or gluten-free icing sugar, to dust (optional)

1 Heat a medium non-stick frying pan over medium heat. Add 1 crepe and cook for 1-2 minutes each side or until warmed through. Transfer to a board. Repeat with remaining crepe. Cut each crepe into 4 triangles.

2 Combine the ricotta, maple syrup and cinnamon in a small bowl. Place 1 piece of crepe on each plate. Spread with a little of the ricotta mixture. Top with 1/3 of the apple. Top each with another piece of crepe. Spread with a little more ricotta mixture. Top with another 1/3 of the apple. Top each with another piece of crepe. Spread with remaining ricotta and apple. Top each with remaining pieces of crepe.

3 Dust crepe with icing sugar, if you like, to serve.

NUTRITIONAL INFO

PER SERVE 919kJ (220Cal), **protein** 5g, **total fat** 5g (sat. fat 2g), **carbs** 37g, **fibre** 3g, **sodium** 250mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

GFO

APPLE & RASPBERRY PIES

PREP 5 MINS COOK 15 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

200g canned no-added-sugar sliced apple
120g (1 cup) frozen raspberries
Pinch ground cinnamon
60g egg, lightly whisked
¼ sheet 25% reduced-fat puff pastry or gluten-free puff pastry, thawed
2 tsp raw sugar

1 Preheat oven to 190°C (fan-forced). Line a baking tray with non-stick baking paper. Place 2 small (185ml/¾ cup) shallow ovenproof dishes on the tray. Divide the apple and raspberries between the dishes. Sprinkle with the cinnamon.

2 Brush rim of each dish with a little egg. Place pastry on a bench to defrost slightly. Cut pastry piece into 12 short, thin strips. Place strips on top of each dish to form a crisscross pattern.

3 Brush the pastry strips with a little egg. Sprinkle the sugar over. Bake for 15 minutes or until the pastry is golden brown.

NUTRITIONAL INFO

PER SERVE 854kJ (204Cal), **protein** 6g, **total fat** 5g (sat. fat 2g), **carbs** 29g, **fibre** 6g, **sodium** 114mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

COOK'S TIP

Replace the egg with a little low-fat milk, if you like.

GFO

PASSIONFRUIT DELICIOUS

PREP 10 MINS COOK 15 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

20g 40% light margarine, melted
60g (¼ cup) caster sugar
2 x 60g eggs, separated
Zest and juice of 1 large orange
80ml (⅓ cup) fresh passionfruit pulp (about 4 passionfruit)
185ml (¾ cup) skim milk
2 tbsp plain flour or gluten-free plain flour
2 tbsp self-raising flour or gluten-free self-raising flour
Icing sugar or gluten-free icing sugar, to dust (optional)

1 Preheat oven to 170°C (fan-forced). Spray two shallow 250ml (1 cup) ovenproof dishes with cooking spray.

2 Put the margarine, sugar, egg yolks, orange zest, orange juice, passionfruit pulp and milk in a large bowl. Whisk until well combined. Sift the flours over and mix until just combined. Using electric beaters, whisk the egg whites until soft peaks form. Add to the passionfruit mixture and fold in until just combined.

3 Pour the mixture into dishes and place in an ovenproof dish. Pour boiling water into the dish to come halfway up sides of dish. Bake for 10-12 minutes or until puddings are just firm on the top and light golden.

4 Dust with icing sugar, if you like, to serve.

NUTRITIONAL INFO

PER SERVE 793kJ (190Cal), **protein** 7g, **total fat** 5g (sat. fat 2g), **carbs** 28g, **fibre** 3g, **sodium** 126mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

dessert

Passionfruit delicious
Recipe, opposite





Peachy cakes
Recipe, page 82

Peach and
cherry crumble
Recipe, page 84



GFO

PEACHY CAKES

PREP 5 MINS **COOK** 20 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

200g drained peach slices in natural juice
40g (¼ cup) self-raising flour or gluten-free self-raising flour
1½ tbsp raw sugar
60ml (¼ cup) skim milk
60g egg
1 tsp vanilla essence
Icing sugar or gluten-free icing sugar, to dust (optional)

1 Preheat oven to 170°C (fan-forced). Spray 2 shallow (125ml/½ cup) ovenproof dishes with cooking spray. Divide the peach slices between dishes.

2 Put the flour, sugar, milk, egg and vanilla essence in a small bowl. Whisk until smooth. Pour the flour mixture over the peaches. Bake for 15-18 minutes or until a skewer inserted into the centre comes out clean.

3 Dust with icing sugar, if you like, to serve.

NUTRITIONAL INFO

PER SERVE 897kJ (215Cal), **protein** 8g, **total fat** 3g (sat. fat 1g), **carbs** 37g, **fibre** 2g, **sodium** 212mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

GFO

UPSIDE-DOWN BANANA CARAMEL PUDDINGS

PREP 5 MINS **COOK** 20 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

1 banana
2 tbsp dark brown sugar
2 tbsp wholemeal plain flour or gluten-free plain flour
2 tbsp wholemeal self-raising flour or gluten-free self-raising flour
Pinch mixed spice
1 tbsp skim milk
1 tsp vanilla extract
60g egg, lightly whisked

1 Preheat oven to 170°C (fan-forced). Spray two 125ml (½ cup) ovenproof ramekins. Line with a round of non-stick baking paper. Cut the banana in half. Cut half of the banana into thin rounds. Mash remaining banana in a small bowl.

2 Place banana rounds over the base of dishes. Sprinkle over 1 tsp of the sugar over each dish. Set aside. Put the flours, mixed spice and remaining sugar in a small bowl. Stir well. Add milk, vanilla extract, egg and mashed banana. Whisk until combined.

3 Pour the batter over the banana. Bake for 15-20 minutes or until a skewer inserted into the centre comes out clean. Set aside in pan for 5 minutes then turn out onto plates.

NUTRITIONAL INFO

PER SERVE 885kJ (211Cal), **protein** 7g, **total fat** 3g (sat. fat 1g), **carbs** 37g, **fibre** 4g, **sodium** 126mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

Upside-down banana
caramel puddings

Recipe, opposite





GFO

PEACH & CHERRY CRUMBLE

PREP 5 MINS **COOK** 15 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

200g drained peach slices in natural juice
150g (1 cup) frozen pitted cherries
30g (½ cup) Kellogg's All Bran Honey Almond or gluten-free Kellogg's Special K, lightly crushed
Pinch mixed spice
2 tbsp shredded coconut
2 tsp honey

1 Preheat oven to 180°C (fan-forced). Divide the peach slices and cherries between two shallow (185ml/¾ cup) ovenproof dishes. Place dishes on a small baking tray.

2 Put the cereal, mixed spice, coconut and honey in a small bowl. Toss to combine. Sprinkle over the fruit and bake for 10-15 minutes or until the fruit is warmed through and the coconut lightly toasted.

NUTRITIONAL INFO

PER SERVE 895kJ (214Cal),
protein 4g, **total fat** 6g (sat. fat 5g),
carbs 32g, **fibre** 7g, **sodium** 62mg
• **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option.**

GFO

ORANGE, CHERRY & HAZELNUT PASTRIES

PREP 10 MINS **COOK** 15 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

1 sheet frozen 25% reduced-fat puff pastry or gluten-free puff pastry, defrosted, cut into 4 squares
1 tbsp Nutella
1 small orange, peeled, cut into 4 rounds
16 frozen pitted cherries
60g egg, lightly whisked
Icing sugar or gluten-free icing sugar, to dust (optional)

1 Preheat oven to 190°C (fan-forced). Line a baking tray with non-stick baking paper. Place the pastry squares on the lined tray. Spread 1 tsp nutella over the centre of each pastry square. Top each with an orange slice and 4 frozen cherries.

2 Brush the pastry edges with a little egg. Lift up the corners of the pastry and pinch together to seal. Brush the pastry with a little egg.

3 Bake the pastries for 15 minutes or until pastry is golden brown. Dust with icing sugar, if you like, to serve.

NUTRITIONAL INFO

PER SERVE 825kJ (197Cal),
protein 6g, **total fat** 7g (sat. fat 3g),
carbs 26g, **fibre** 1g, **sodium** 159mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option**

COOK'S TIP

Replace the egg with a little low-fat milk, if you like.



Orange, cherry &
hazelnut pastries
Recipe, opposite

COOK, eAT, eNJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

These nutrient-rich foods are proven to support your body and immune system at this time of the year.

- **APPLES** – Rich in gut-loving pectin
- **CARROTS** – Packed with beta-carotene
- **EGGS** – Filled with the mood-boosting nutrient choline
- **SALMON** – A good source of omega-3 fatty acids
- **KALE** – High in fibre
- **RED CABBAGE** – Rich in antioxidants
- **WALNUTS** – A source of plant-based omega fats
- **BEETROOT** – Source of folate
- **BRUSSELS SPROUTS** – Rich in vitamin K
- **ONIONS** – Heart-healthy veg compounds

SEASONAL BOOST 10 winter heroes



SUPERMARKET CRUSH Noshu Protein+Bars

Looking for a convenient snack while you are on the go? Try the Noshu Protein+ Bars for a satisfying fix, packed with protein, fibre and antioxidants, without excess sugars. Plus, they come in three indulgent flavours: rich and fudgy Caramel Sticky Date, crowd-favourite Spiced Apple Pie, and Biscoff-inspired.

Noshu's Protein+ Bars are available from Coles stores nationwide in the Muesli Bar aisle, \$8.90 for 5 bars (180g).



SECOND LUNCH

GF

Toss 1 cup leftover roasted vegies with 1 cup baby spinach leaves, 1 x 125g rinsed and drained canned chickpeas and 1 x 95g can drained tuna in springwater. Drizzle with a little balsamic vinegar. **Serves 1.**

PER SERVE 1720kJ (411Cal), **protein** 28g, **total fat** 18g (sat. fat 3g), **carbs** 28g, **fibre** 10g, **sodium** 515mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

QUICK WINTER SNACKS

GF

RICOTTA, PEAR & WALNUTS

Put ½ small sliced pear, 2 tbsp light ricotta and 1 tbsp chopped walnuts in a bowl. Sprinkle with a pinch of ground cinnamon and a drizzle of honey. **Serves 1.**

PER SERVE 798kJ (191Cal), **protein** 7g, **total fat** 10g (sat. fat 2g), **carbs** 15g, **fibre** 3g, **sodium** 121mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF

CHOCOLATE & PISTACHIO BANANA BITES

Thickly slice 1 large banana. Dip half of each banana slice in 30g Noshu 97% sugar-free melted dark chocolate. Sprinkle the chocolate coated side of the banana slices with 4 finely chopped unsalted pistachio nuts. Set aside to allow the chocolate to set. **Serves 2.**

PER SERVE 561kJ (123Cal), **protein** 3g, **total fat** 6g (sat. fat 4g), **carbs** 12g, **fibre** 2g, **sodium** 2mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

QUICK APPLE CRUMBLE

Heat ½ cup canned pie apple and top with 1 tbsp untoasted muesli and drizzle over 1 tbsp low-fat custard. **Serves 1.**

PER SERVE 541kJ (129Cal), **protein** 3g, **total fat** 2g (sat. fat 0g), **carbs** 22g, **fibre** 5g, **sodium** 18mg • **Carb exchanges** 1½ • **GI estimate** low

THE BENEFITS OF SUNFLOWER SEEDS

From the large flower head of the sunflower plant, these mild, nutty seeds offer plenty of benefits

- 37% of your daily vitamin E from a 30g serve – which acts as antioxidant to protect cells and support your immune function
- Rich in monounsaturated and polyunsaturated fats for heart health
- A source of fibre which may support blood glucose management
- Selenium and manganese – great for skin, hair and nail health
- Anti-inflammatory flavonoids and plant compounds

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



H ₂ O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	½ cup natural muesli with ½ cup low fat vanilla yoghurt & ½ cup warm mixed berries	1-2 slices high protein bread topped with ½ small avocado	2 multigrain corn thins topped with 2 hard boiled eggs & handful baby spinach	¾ cup low fat Greek yoghurt, topped with ½ cup berries & 1 tbsp chia seeds
Snack	Ricotta, pear & walnuts (p 87)	1 piece of fresh fruit	Noshu Protein+ Caramel Sticky Date bar	30g unsalted nuts
Lunch	Chickpea & pumpkin stew (p 66)	Bacon & ricotta oven-baked frittata (p 62)	Broccoli & cheddar soup (p 71)	Minced lamb skewers (p 57) <i>pictured</i>
Optional snack	1 cup vegie sticks + 2 tbsp tzatziki	160g tub YoPro	1 piece of fresh fruit	2 Vita-Weats topped with 20g reduced fat cheddar
Dinner	Osso bucco (p 72) <i>pictured</i>	Sweet potato curry (p 14) <i>pictured</i>	Super-veg pasta (p 18) <i>pictured</i>	Mushroom & chickpea burgers (p 20)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	1 cup warm skim milk with 1 tsp milo 30% less sugar	Chocolate & pistachio banana bites (p 87)	4 slices canned peaches topped with ¼ cup low fat Greek yoghurt	1 piece of fresh fruit
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!



depending on your exercise levels.

2 Multigrain Weetbix with $\frac{3}{4}$ cup skim milk & $\frac{1}{2}$ sliced banana	1 slice rye sourdough topped with 2 poached eggs & sauteed mushrooms	1 cup fruit salad + $\frac{3}{4}$ cup low fat Greek yoghurt
Small skim decaf cappuccino & 1 fresh date	1 piece of fresh fruit	Small skim decaf latte
60 second lunch (p 87)	Broccoli & cheddar soup (p 71)	Eggplant stuffed with mozzarella (p 54)
Noshu Protein+ Spiced Apple Pie bar	30g unsalted nuts	Quick apple crumble (p 87)
Grilled mackerel with orange, chilli & watercress salad (p 18) <i>pictured</i>	Seafood & capsicum rice (p 20) <i>pictured</i>	Creamy chicken & mushrooms (p 70) <i>pictured</i>

have a couple of alcohol-free days a week.

Quick apple crumble (p 87)	Ricotta, pear & walnuts (p 87)	Chocolate & pistachio banana bites (p 87)
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Always discuss your exercise plans with your doctor first.



POWER UP WITH PROTEIN

Protein is more than a muscle-builder — it's a powerful tool for managing blood glucose levels (BGLs), curbing hunger, and supporting healthy weight for people living with diabetes. Including protein at each meal can slow the release of glucose into your bloodstream, helping to reduce post-meal spikes and crashes.

Protein also helps you feel full for longer, which can make it easier to manage appetite and reduce snacking on high-carb foods. Plus, if you're working on losing weight, eating enough protein can help preserve muscle, which is key for maintaining a healthy metabolism and improving insulin sensitivity.

Aim for 20–30g of protein per meal and spread your intake evenly throughout the day. Great choices include eggs, Greek yoghurt, tofu, chicken, edamame, cottage cheese, or milk. Pair protein rich foods with high-fibre, low-GI carbs like berries, wholegrains or legumes for extra BGL support.

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

NUTRITIONAL INFO

PER SERVE 1760kJ (421Cal),
protein 16g, **total fat** 18g
(sat. fat 2g), **carbs** 40g,
fibre 18g, **sodium** 159mg
• Carb exchanges 2½
• GI estimate low • Gluten-free option

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Puy lentil salad with beetroot & walnuts

Recipe, page 41

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

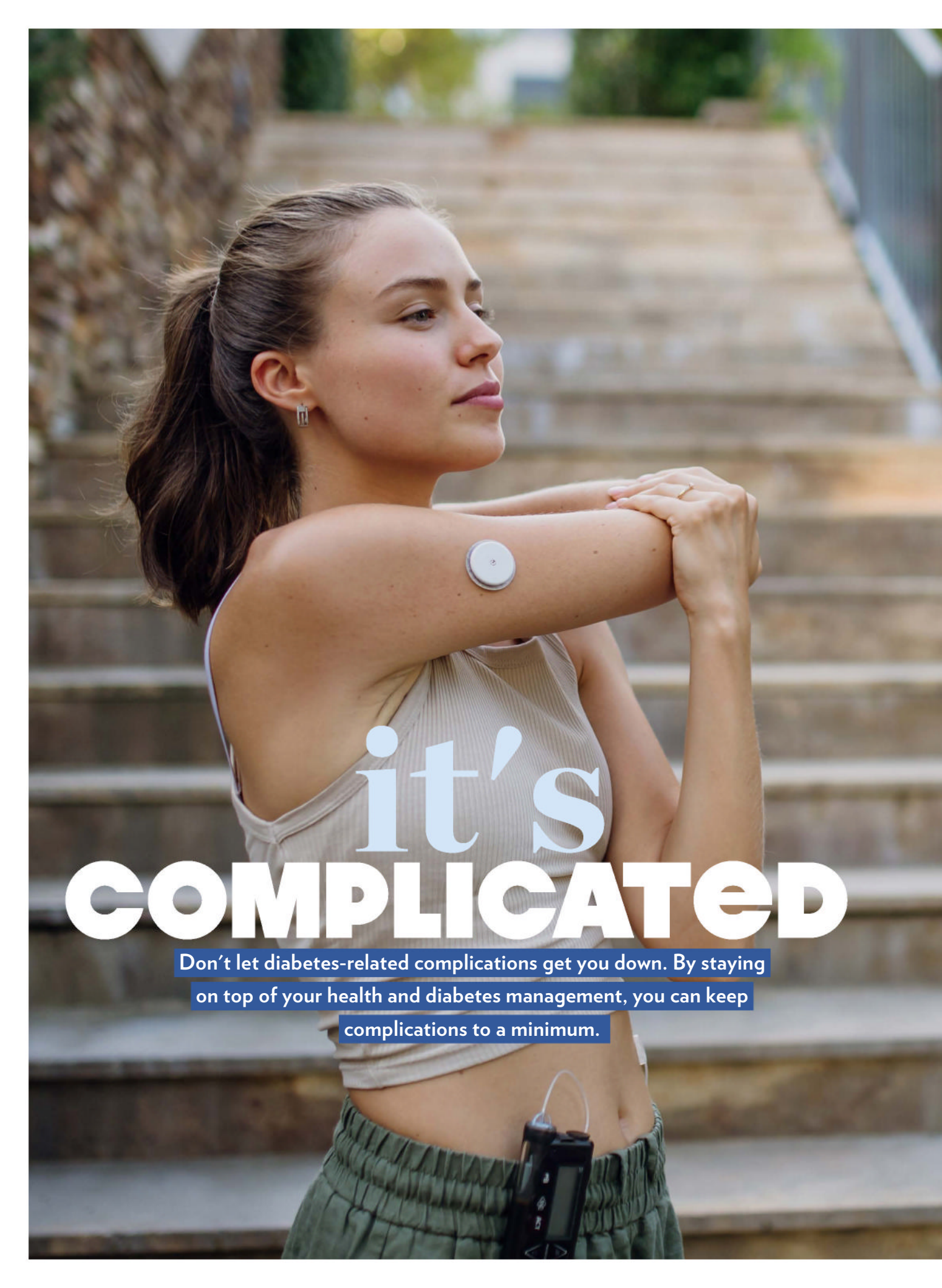
Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

“Winter is a time to slow. To grab hold of that wheel that spins your days too quickly and give it a firm tug. To let your thoughts catch up with your body. To pin down that idea that’s been circling your mind for months. To remember that life isn’t an emergency.” —

Kelsi Turner



it's COMPLICATED

Don't let diabetes-related complications get you down. By staying on top of your health and diabetes management, you can keep complications to a minimum.

HOW TO REDUCE YOUR RISK

When you have diabetes, persistent high blood glucose levels can cause damage to different parts of the body, leading to diabetes-related complications affecting the heart, eyes, kidneys and nerves. The good news is that managing your diabetes well can reduce your risk of developing these complications. DL Magazine diabetes educator, Dr Kate Marsh explains the most common diabetes-related complications and steps you can take to reduce your risk.

COMPLICATIONS EXPLAINED

There are two main types of diabetes-related complications: microvascular and macrovascular.

Microvascular complications affect the small blood vessels and include:

- » nephropathy (kidney disease)
- » retinopathy (eye disease)
- » neuropathy (nerve disease)

Risk factors for microvascular complications include:

- » Persistent high blood glucose levels
- » Abnormal blood fats
- » High blood pressure
- » Excess alcohol intake
- » Smoking
- » Longer duration of diabetes
- » Younger age at diagnosis of diabetes
- » Genetic susceptibility

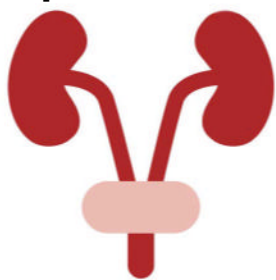
Macrovascular complications affect the large blood vessels and include:

- » Heart disease
- » Stroke
- » Peripheral vascular disease

Risk factors for macrovascular disease including:

- » Abnormal blood fats
- » High blood pressure
- » Persistent high blood glucose levels
- » Carrying excess weight, especially around the middle
- » Smoking
- » Family history of heart disease, particularly at an early age
- » Chronic kidney disease or albuminuria (protein in the urine)
- » Physical inactivity
- » Eating an unhealthy diet

complications



KIDNEY DISEASE

In Australia, diabetes is the leading cause of end-stage kidney disease. This is because high blood glucose levels can damage the small blood vessels in the kidneys, reducing their ability to filter waste products from the blood.

In the early stages, the damaged kidneys leak small amounts of protein (albumin) into the urine, known as microalbuminuria. If detected at this stage, it can sometimes be reversed or changes made to stop the progression. Left untreated, it can lead to end-stage kidney disease, requiring dialysis or the need for a kidney transplant.

You can reduce your risk of kidney disease by optimising your blood glucose levels and blood pressure. Other factors which can reduce the risk of kidney damage include not smoking, eating a healthy diet, keeping well hydrated, maintaining a healthy weight and limiting alcohol intake.

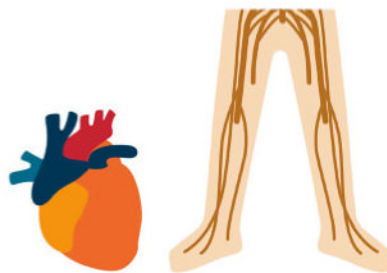
It is also important to have a kidney health check at least once per year. This involves having urine and blood tests to check how your kidneys are working.

EYE DISEASE

Retinopathy, or diabetes-related eye disease results from damage to the small blood vessels in the back of the eye. Left untreated, it can lead to vision impairment and blindness. It is one of the leading causes of preventable blindness in Australia.

There are usually no symptoms in the early stage of retinopathy, but an eye examination can detect any damage and there are treatments available to reduce progression. Regular eye examinations can reduce the risk of serious vision problems. It is also important to see an ophthalmologist or optometrist promptly if any there are any noticeable changes in your vision.

You can reduce your risk of diabetes-related eye disease by optimising blood glucose levels, blood fats and blood pressure and by not smoking.

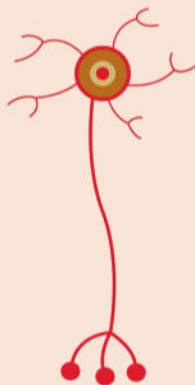


MACROVASCULAR DISEASE

The major cause of macrovascular disease is a build-up of fatty material inside the artery walls, known as atherosclerosis. These fatty deposits gradually clog up the arteries, reducing blood flow to the heart (which can cause a heart attack), brain (a major cause of stroke) and other parts of the body, such as the legs and feet (a condition called peripheral vascular disease).

There are many factors contributing to the higher risk of heart disease in people with diabetes, including high blood glucose levels, insulin resistance, abnormal blood fats, inflammation, endothelial dysfunction (abnormal functioning of the lining of the blood vessels), increased tendency to blood clots and vascular calcification (increased mineral deposits inside blood vessels which can lead to blocked arteries or blood clots).

You can reduce your risk of macrovascular disease by keeping blood fats, blood pressure and blood glucose levels well managed, maintaining a healthy weight, not smoking, eating a heart-healthy diet and exercising regularly.



NERVE DISEASE

Diabetes-related neuropathy is nerve damage caused by diabetes. Over time, high glucose levels can damage the structure and function of the nerves by reducing blood flow to the nerves and causing the accumulation of toxins.

There are two main types of diabetes-related neuropathy:

Peripheral neuropathy, which causes pain or loss of feeling in the toes, feet and legs, but can

also affect the hands and arms. This is the most common form of diabetes-related neuropathy.

Autonomic neuropathy which affects the nerves that control the heart and blood vessels, digestive system, urinary tract, sex organs, sweat glands and eyes.

You can reduce your risk of nerve damage by optimising blood glucose levels, blood fats and blood pressure, not smoking and avoiding excess alcohol.

PUTTING IT ALL TOGETHER:

REDUCING YOUR RISK OF DIABETES-RELATED COMPLICATIONS

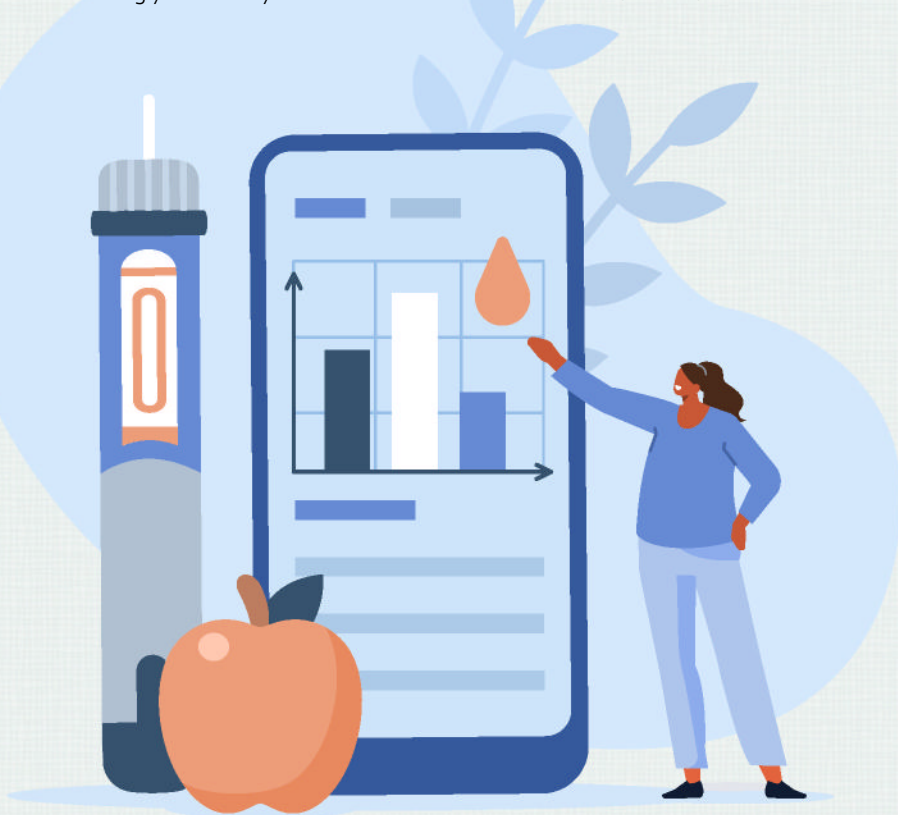
You can significantly reduce your risk of complications by:

- **KEEPING BLOOD GLUCOSE LEVELS WELL MANAGED** (within your individual target range) through lifestyle changes and diabetes medications.
- **KEEPING YOUR BLOOD PRESSURE WELL MANAGED** (below 130/80) through lifestyle changes and blood pressure medications.
- **MAINTAINING A HEALTHY WEIGHT** Being overweight increases the risk of high blood pressure and diabetes and can make these conditions harder to manage.
- **BEING A NON-SMOKER** Need help to quit? Call the Quitline on 13 78 48 or visit quitnow.gov.au
- **MAINTAINING HEALTHY LEVELS OF BLOOD FATS** (cholesterol and triglycerides) by eating a heart-healthy diet and taking medication where needed.
- **EXERCISING REGULARLY** Being active can help with managing weight, blood pressure and blood glucose levels and improves circulation to the legs and feet.
- **EATING A HEALTHY DIET** based around plenty of fruit, vegetables and minimally processed wholegrains, moderate amounts of lean protein foods and only small amounts of foods high in saturated and trans fats, added sugar, and salt. This type of eating plan can help to manage blood glucose levels, blood

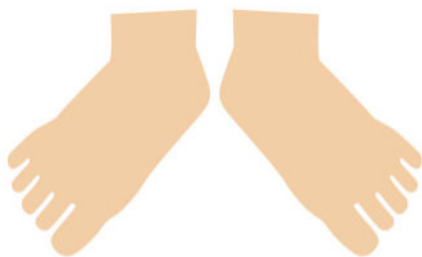
fats, blood pressure and weight. An Accredited Practising Dietitian can help with an individualised eating plan to meet your nutritional needs, especially if you have diabetes-related complications such as kidney or heart disease.

- **STAYING WELL HYDRATED** Choose water as your main drink and avoid sugar-sweetened drinks.
- **LIMITING YOUR ALCOHOL INTAKE** to no more than two standard drinks per day. Excess alcohol, particularly binge drinking, can be harmful to your health, including your kidneys and nerves.

- **HAVE REGULAR HEALTH CHECKS** This allows you to detect any problems early and discuss with your doctor the best course of action to address any out-of-target results and prevent or slow the progression of complications.
- **WORK WITH YOUR DOCTOR** to optimise your medications. Some diabetes medications not only help to lower blood glucose levels but also have benefits for your heart and kidneys. And certain blood pressure and lipid-lowering medications can help with diabetes-related kidney and eye disease.



complications



DIABETES-RELATED FOOT PROBLEMS

Diabetes can affect the feet in two ways. The first is by causing damage to the nerves in your feet, which can lead to loss of sensation and make it more difficult to notice any injuries to your feet. The second is by affecting the blood flow to your feet, which can make it harder for wounds to heal and increase the risk of infections. Your risk is higher if you have both loss of sensation and reduced blood flow.

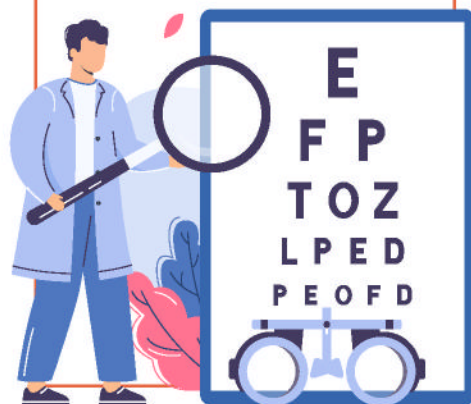
These complications are more likely if you have had diabetes for a long time, if your blood glucose

levels have been high for an extended period, if you smoke, or if you are inactive. However, there are many things you can do to keep your feet healthy and reduce the chances of developing complications.

Have a daily self-care routine for your feet and have your feet checked regularly (at least annually) by your doctor, credentialled diabetes educator or podiatrist. If your feet are at high risk (for example, if you have had an ulcer or amputation in the past or have poor feeling or blood flow to your feet), it is important that you see a podiatrist at least every 3-6 months. It is also essential to seek medical advice early if you notice any problems with your feet, to avoid the problem getting worse. Even minor foot infections or injuries can become a problem when you have diabetes, so it's best to seek help early.

KEEPSIGHT

Keepsight is a national diabetes eye screening program aimed at preventing diabetes-related blindness by detecting problems early when they are treatable. You can register with KeepSight to receive regular reminders to have an eye check. Find out more by visiting: keepsight.org.au



DIABETES ANNUAL CYCLE OF CARE

The diabetes annual cycle of care is a checklist for reviewing your diabetes management and general health. It is recommended that you complete this review with your general practitioner (GP) each year. It includes a range of health checks that your doctor can organise along with referrals to other health professionals who can perform health checks (such as eye and foot assessments) to screen for and help you manage diabetes-related complications.



PHOTOGRAPHY & ILLUSTRATIONS GETTY IMAGES

FASTING for **BLOOD GLUCOSE**



Why women may need a different approach >>

Intermittent fasting (IF) has become a popular approach for weight loss and better metabolic health, particularly among those looking to manage their blood glucose. But while intermittent fasting gets plenty of praise, the research is starting to highlight an important distinction: men and women don't always experience the same benefits.

Intermittent fasting typically involves alternating periods of eating and fasting. Popular formats include the 5:2 method, where calories are restricted on two non-consecutive days per week, or time-restricted eating, such as the 16:8 method, which involves fasting for 16 hours and eating within an 8-hour window. These patterns can enhance insulin sensitivity, reduce glucose variability, and support modest weight loss – a no-brainer, right? However, for many women the picture is more nuanced. While women can absolutely benefit from intermittent fasting, the response tends to be more complex and less predictable. Many women report greater blood glucose swings, anxiety, fatigue, or dizziness when fasting and there's a hormonal reason for this.

WHY HORMONES MATTER

Oestrogen and progesterone, the two primary female sex hormones, play a critical role in regulating metabolism, appetite, and insulin sensitivity. Oestrogen helps the body use insulin more effectively and offers anti-inflammatory protection. Across the menstrual cycle, these hormones fluctuate, and during perimenopause they decline or become more erratic. In the follicular phase (the first half of the cycle), rising oestrogen supports better blood glucose control. But in the luteal phase (post-ovulation), oestrogen drops while progesterone rises, a shift that can promote insulin resistance, trigger cravings and reduce tolerance to longer fasts.

In midlife, lower or unpredictable oestrogen levels can raise stress hormones like cortisol during fasting, making it harder to regulate blood glucose. This can lead to energy crashes, mood swings, and rebound eating once the fast ends. Many women, especially in perimenopause, may do better with a gentler approach: regular, nutrient-dense meals that prioritise protein and fibre to support satiety and glucose control throughout the day.

NUTRIENT TIMING MATTERS

One of the lesser-discussed downsides of intermittent fasting is that it cuts out a key opportunity to nourish the body, especially with micronutrients critical for hormone regulation, blood glucose management, and metabolic resilience. For women, skipping breakfast can mean missing out on fibre, magnesium, calcium, iron, B vitamins, and protein, all of which are needed for steady energy, mental clarity, and hormone balance.

What's more, emerging evidence supports the idea that starting the day with a savoury, protein-rich breakfast can be especially beneficial for blood sugar control. Meals that include eggs, legumes, tofu, wholegrains, and vegetables help reduce post-meal glucose spikes and curb cravings later in the day. Studies have also shown that front-loading calories earlier in the day, a principle known as early time-restricted feeding, may be more supportive for metabolic health, rather than skipping breakfast and eating later into the evening.



BEST PRACTICES: TAILORING FASTING TO YOUR BODY

So, does this mean women should avoid intermittent fasting altogether? Not at all, but it's worth approaching it with more nuance. Here are a few practical tips for both men and women to get the most from fasting, without risking blood glucose spikes or hormone imbalances.



FOR MEN:

- Stick to consistent fasting windows (such as 14:10 or 16:8)
- Break your fast with a balanced meal including protein, fibre, and healthy fats
- Avoid extreme fasting protocols or meal skipping if it leads to low energy or cravings

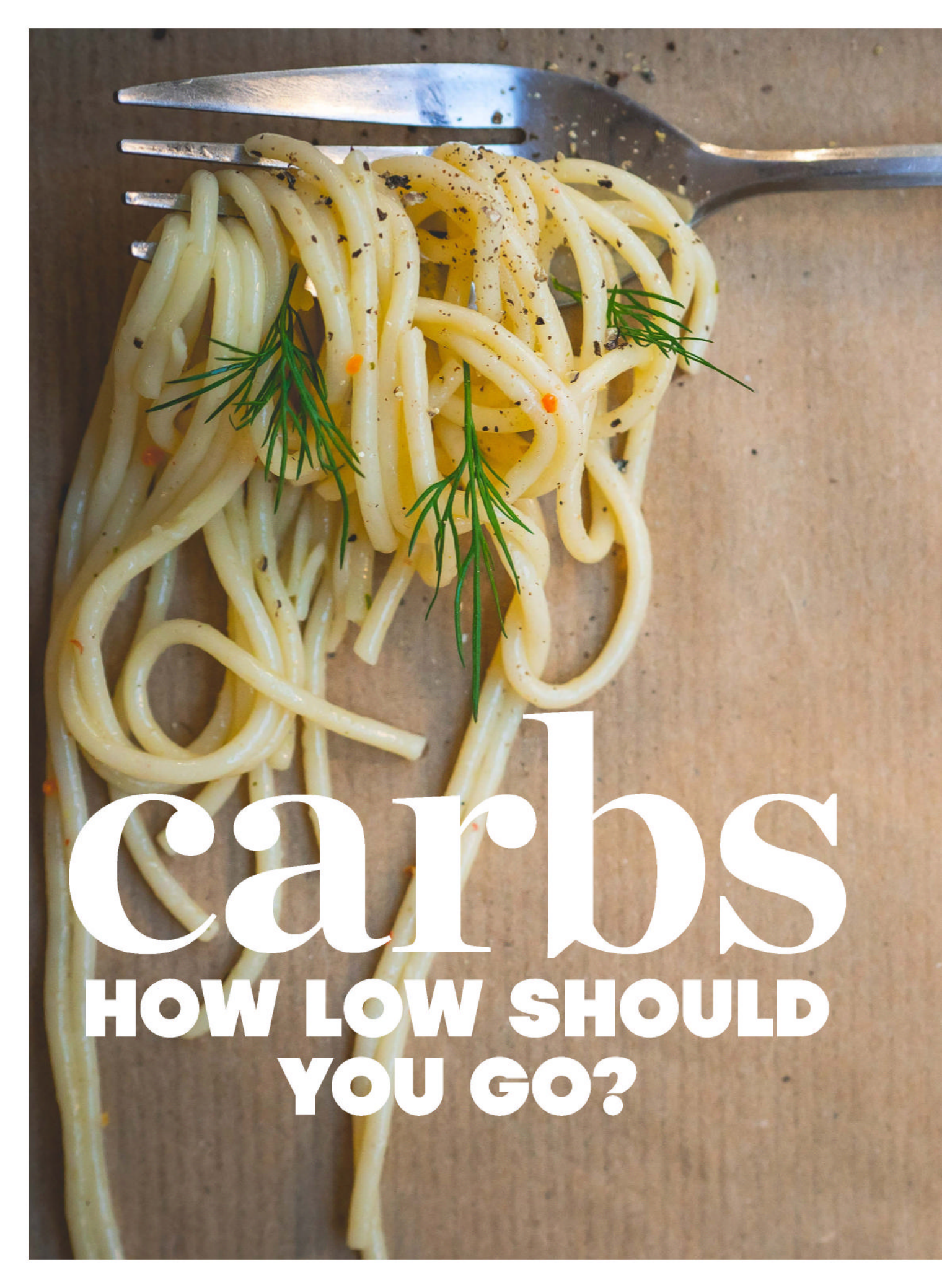
FOR WOMEN:

- Consider starting with a gentler approach like 12:12 or 14:10
- Be mindful of your cycle: you may benefit from shorter fasts in the luteal phase (after ovulation)
- Prioritise blood glucose stability with protein-rich meals and regular movement
- If you're perimenopausal or postmenopausal, work with a health professional to monitor how fasting affects your glucose and hormones.

THE BOTTOM LINE

Intermittent fasting isn't one-size-fits-all and gender plays a bigger role than we once thought. For men, it may be a reliable tool for stabilising blood sugar and improving metabolic markers. For women, intermittent fasting often calls for a more tailored, flexible approach and a greater awareness of how our body responds. If you're thinking about incorporating fasting into your diabetes management plan, it's essential to consult with your GP or diabetes educator. The goal isn't to follow the latest trend, it's to discover the right balance of nutrition and lifestyle that truly supports your health.

BY LAURA JENNINGS ASSOCIATE NUTRITIONIST
& FOUNDER OF THE NUTRI METHOD
(WWW.THENUTRIMETHOD.COM)



carbs

**HOW LOW SHOULD
YOU GO?**

Low-carb diets can help with blood glucose management, but there are also some downsides to cutting down on carbs. DL Magazine dietitian and diabetes educator, Dr Kate Marsh discusses pros and cons of low-carb diets and a healthy approach to low-carb eating.

Low carb diets: what does the research show?

In people with type 2 diabetes, low-carb and very-low-carb diets have been found to reduce HbA1c (a measure of average blood glucose over the past 2-3 months) and the need for glucose-lowering medications. Most studies have shown that very low-carb diets are more effective for lowering HbA1c levels, triglycerides and weight in the short-term (up to 6 months) compared to control diets, although there is little difference beyond 12 months.

Current recommendations on carbs and diabetes

Each year, the American Diabetes Association (ADA) publishes their Standards of Care for diabetes management, based on the most recent scientific evidence. In their 2025 nutrition recommendations, they say there is not enough evidence to recommend an optimal amount of carbohydrate for people with diabetes. They suggest that adults with diabetes can consider reducing overall carb intake to improve blood glucose levels. However, low-carb diets are only one of several types of eating patterns shown to help with

diabetes management, alongside Mediterranean style, Dietary Approaches to Stop Hypertension (DASH), vegetarian, and plant-based diets.

Regardless of the amount of carbs you choose to eat, the ADA recommends focusing on high-quality, minimally processed, nutrient-dense carbohydrate sources high in fibre. This includes vegetables, fruits, legumes and minimally processed wholegrains.

For people who choose a low-carb eating plan, the ADA emphasise the importance of regular medical review as medications may need adjusting. Very-low-carb diets are not recommended for people taking sodium-glucose cotransporter 2 (SGLT2) inhibitors because of the potential risk of ketoacidosis (see box: Low-carb diets and diabetes medications). The ADA also doesn't recommend very-low-carb eating plans for women who are pregnant or breastfeeding, children, people who have kidney disease, or those with or at risk for disordered eating.

Diabetes Australia and Diabetes UK have a similar position and recommendations for low-carb diets and diabetes.

CARBS EXPLAINED

Carbohydrate is found in the foods we eat in the form of starches and sugars - both added sugars and the naturally occurring sugars in fruit and dairy foods. This includes the following foods:

- ◆ Breads, crispbreads and breakfast cereals
- ◆ Pasta, rice and grains such as quinoa, barley, couscous and freekeh
- ◆ Legumes (lentils, chickpeas, and dried beans)
- ◆ Starchy vegetables (e.g. potato, sweet potato and corn)
- ◆ Fruits, dried fruits and fruit juices
- ◆ Dairy foods, including milk, yoghurt, ice-cream and custard
- ◆ Dairy alternatives including soy, oat and rice milk
- ◆ Snack foods such as biscuits, cakes, lollies, chocolate, chips and popcorn
- ◆ Sweeteners such as sugar, glucose, honey, maple syrup, rice syrup and agave nectar
- ◆ Sugar-containing drinks including soft drinks, cordials and energy drinks

Are there any downsides to cutting carbs?

Low-carb diets restrict many of the foods we know are beneficial for good health, including legumes, wholegrains, fruits and some vegetables. Research has shown that eating more of these foods is associated with a reduced risk of many chronic diseases, including cardiovascular disease, type 2 diabetes and some types of cancer.

There's evidence that low-carb diets high in animal foods can worsen insulin sensitivity, increase type 2 diabetes risk, raise LDL cholesterol levels, and increase overall mortality risk and the risk of dying from heart disease and cancer. Restricting wholegrains and legumes and eating a lot of animal foods can also have negative effects on your gut bacteria, which in turn may increase the risk of future health problems, including bowel cancer.

Research has also found that very low-carb diets are hard to sustain in the long-term, which can limit their benefits. To be successful, it is important to find an eating plan you can follow for the long-term.

How many carbs I should be eating?

Your daily carbohydrate needs are personalised and depend on your age, gender, size, activity level, your weight management goals (whether you are trying to lose, maintain or gain weight) and any diabetes medication you are taking.

A dietitian can help you work out the right amount of carbohydrate for your individual needs. They can also provide advice on how best to spread this carbohydrate across your day and/or match it with your insulin or medication to help with managing your blood glucose levels.

Which carbs should I eat or avoid?

The best carb choices are those that are minimally processed, high in fibre and nutrient-dense.

This includes:

- ◆ fresh fruits
- ◆ vegetables (although non-starchy vegetables have very little carbs)
- ◆ legumes including lentils, chickpeas and dried or canned beans

- ◆ minimally processed wholegrains such as rolled or steel-cut oats, barley, quinoa, cracked wheat (burghul), buckwheat and brown rice.

The carb foods that are best to avoid or limit are nutrient-poor foods containing refined grains and added sugars (such as many packaged snack foods, highly processed breakfast cereals, white bread, cakes and pastries), all types of added sugars, and sugar-sweetened drinks. Even if you are not following a low-carb diet, it is best to keep these foods to a minimum.

The healthier way to go low carb

If you prefer to eat less carbs, there are some ways to optimise the benefits and reduce the downsides of a lower-carb eating plan. The key is thinking about your protein and fat sources.

Studies suggest that a low-carb diet high in animal fat and protein may have negative health effects. So, a low-carb keto-style diet high in fatty meats, butter and cream may reduce blood glucose levels initially but is likely to lead to poor long-term health outcomes. A vegetable-based low-carb diet, on the other hand, is associated with a reduced risk of death from all causes and from heart disease. So, if you're going low-carb, aim to get most of your fat and protein from plants.

You can do this by:

- ◆ Avoiding processed meat and replacing red meat with fish and plant proteins such as tofu, tempeh, nuts and seeds.
- ◆ Getting most of your fat from avocado, nuts, seeds, olive oil and oily fish rather than fatty meats, palm and coconut oil.
- ◆ If you are cutting out fibre-rich foods such as grains, legumes and fruit, ensure you are getting plenty of vegies in your meals. Aim for a few serves of vegies with each meal and aim for variety.
- ◆ Consider including small amounts of nutritious carbs rather than cutting carbs altogether - good choices include legumes, fruit, starchy vegetables and minimally processed wholegrains like quinoa, barley and rolled oats.



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LOW-CARB DIETS AND DIABETES MEDICATIONS

If you are planning to try a low-carb diet, it is important to consider any diabetes medications you are taking.

- ◆ If you are taking insulin or sulphonylureas (glibenclamide, gliclazide, gliclazide MR, glimepiride, glipizide) it is important to speak with your doctor before cutting down on carbs, so they can help you to adjust your medication doses to reduce the risk of hypoglycaemia (low blood glucose levels).



- ◆ If you are taking SGLT2 inhibitors (dapagliflozin, empagliflozin, ertugliflozin) you should avoid ketogenic (very-low carbohydrate) diets as cutting carbs while taking these meds can increase risk of diabetic ketoacidosis (DKA).



DIET, DRUGS & DOPAMINE

In a new book by David Kessler, the former commissioner of the US Food and Drug Administration, he examines the science of food addiction and how that's intersecting with the new weight-loss drugs.

Over the last three decades, the food industry has increasingly created an environment that is brimming with irresistible, highly processed, highly palatable, energy-dense, high-glycemic foods. (Note that in this book I do not call them “ultraprocessed” foods, the more common term, because I prefer to be more direct about what these foods are and why they exist. From here on out, I will refer to them simply as “ultraformulated,” which focuses attention on the fact that much of what we are eating has been deliberately engineered to manipulate our brain’s reward systems.)



In many ways, ultraformulated foods have become the new cigarette. These foods deliver just the right combinations of fat and salt or fat and sugar— or that potent trifecta: fat, sugar, and salt— to trigger the reward centres of our brains, filling a void that keeps us in their thrall. But there is another component to these foods that has created a change in our brains and bodies; this component is, in fact, the key energy supply for our brains and bodies. This is glucose, one of two simple sugars that create sucrose, a naturally occurring sugar in food. Over millions of years, our bodies have developed and engaged mechanisms and hormones to handle glucose. But over the last one hundred years, all of that has changed. Our bodies are not designed to handle the excessive loads of glucose (as well as fat) that we're ingesting from ultraformulated foods.

Consequently, we are flooding the receptors in the gut and increasing central nervous system reinforcement, which are parts of the addictive circuits in our brains. There is a more beneficent view of our recent shift in the environment with ultraformulated foods, largely offered by the food industry. This argument is that, throughout the 1950s and 1960s, manufacturers simply took dishes that families had been cooking in their kitchens and made them shelf stable, not just so that they would last longer but also to sell them more readily in supermarkets; essentially, these foods were created for modern convenience. And yet, while this might have been the initial impulse, the food industry has continually upped the ante, over the last fifty years in particular, until the hedonic aspect of these foods— driving us not only to eat more but also more quickly and more often— has become the norm. And, at the same time, these products have become available

everywhere. What began as an effort to make certain types of home-cooked foods, primarily desserts, readily available at the grocery store transformed into 24/7 access to a wide array of ultraformulated foods, effortlessly found at the local deli, gas station, or corner market. "The immediate access at one's fingertips to various sources of gratification brings the addictive phase to its most dangerous . . . outcome," Frank Schalow, the late professor of philosophy at the University of New Orleans, wrote, in explaining how such constant accessibility makes it difficult for a person to avoid the "allure of his/her addiction."

Alongside this change, not coincidentally, the obesity rate in the United States has steeply and continuously climbed. Today, 41.9% of the adult population struggles with obesity (in Australia, it's 32%); by 2030, about half of us will. Though research shows that older age groups have a higher incidence of obesity, young and middle-aged adults (ages twenty to thirty-nine and forty to fifty-nine, respectively) experience the greatest weight gain. This means that many of us who are not yet overweight or obese may find ourselves there at some point during our lifetimes. The average adult gains approximately seventeen pounds (7.7kg) from their twenties through their late thirties, making them more likely to be overweight. Another fourteen

Our bodies are not designed to handle the excessive loads of glucose (as well as fat) that we're ingesting from ultraformulated foods.

or so pounds (6.4kg) are gained from age forty to fifty, which pushes many into the obese category. The additional ten pounds (4.5kg) gained from age fifty to sixty further escalates health risks.

Our addiction to ultraformulated foods results in widespread overeating, which has physiologically changed our brains and bodies, leading to both weight gain and an unceasing desire to eat more of this type of food. There is no doubt that our environment—with its widespread accessibility to these foods, along with the influence of billion-dollar advertising campaigns aimed at

making us aware of them—has tipped us in the direction of declining health.

The challenge now is that, even if we do manage to lose weight, we struggle mightily to keep it off. Research has shown, for instance, that people who lose 10% of their weight must consume 300 to 400 fewer calories per day, depending on their weight, or exercise so that they are burning off that same number of calories to maintain their reduced weight, as compared to people who weigh a similar amount but didn't have to lose weight to arrive at that number. In other words: When you reach your ideal weight, you can't just go back

to doing what you did before.

Why is it so difficult to reset body weight? The inability to reset our weight occurs due to both metabolic adaptation (i.e., your metabolism slows down) and what I consider to be the “relapse” of food addiction. Food addiction affects many of us on a continuum, changing our bodies and minds. These foods take hold of us on a variety of different levels—by commandeering our cognitive processes and the reward centre of our brains, as well as disrupting key hormones and neurotransmitters—so that we now find ourselves locked in a fierce and continuous battle with our own physiologies.

The mysteries of weight loss have plagued us for so long because we didn't understand that food addiction plays a role in detrimentally altering multiple biological systems that were once meant to stabilise our weight. This is the heart of addiction.

Although the public and medical community—and, most of all, the food companies—have known for decades that these ultraformulations hook us with sugar, fat, and salt so that we are guaranteed to keep eating them in unhealthy quantities, food addiction is still treated as an outlier in medicine. But, after going out into the field and interviewing a wide variety of doctors and health professionals, I found that I am not the only one who has made a connection among my own physiology, cravings, and weight-gaining behaviour.

There is, in fact, an emerging group of pioneering physicians and health professionals who have made food addiction a central focus of their practices based on their own lived experiences and

*Food addiction affects many of us
on a continuum, changing our
bodies and minds.*



struggles— and who offer real-world examples of how the medical system could better address the needs of those who similarly struggle.

I spoke extensively with many of these obesity medicine experts, all of whom discovered food addiction, and its destructive consequences, in themselves before incorporating its treatment into their professional lives. Dr. Claire Wilcox, for instance, a psychiatrist in Placitas, New Mexico, found that, because the addiction and eating disorder worlds had not yet fully embraced food as a habit-forming substance, she was long able to rationalise her compulsive eating as simply a reward for her gruelling workdays. Dr. Robert Cywes, a specialist in weight management and bariatric surgery for adults and adolescents in West Palm Beach, Florida, reached 300 pounds (136kg) before he realised addiction had been passed on intergenerationally in his family, although his drug of choice was carbohydrates whereas his father's had been nicotine.

After Dr. Erin McArthur, a pediatrician practicing in Anchorage, Alaska, was diagnosed with type 2 diabetes— and ended up in the ICU in a diabetic crisis— it still took her another year before she stopped secretly eating “all the cookies and chips and diet sodas and Snickers I could.” Dr. Tro Kalayjian, founder and medical director of Toward Health in Tappan, New York, only realised that he was suffering from addiction when he administered a questionnaire to one of his patients to assess whether he might have an alcohol use disorder. “While I was asking these questions of my patient, I thought, Wait a minute, I’m four out of four on this survey,” Dr. Kalayjian told



“I had this idea that I must be a bad person. [But my food addiction] didn’t have anything to do with my morals.”

me. That’s when he realised he had a substance abuse issue too— with food.

Many of these doctors discussed the difficulty of determining their own food addiction, given the high degree of shame and stigma attached to it. This is another reason that it took Dr. Wilcox— despite having completed both her internal medicine and addictive psychiatry residencies— longer to recognize that her compulsive eating was an addiction. Wilcox’s excessive behaviours began all at once— smoking, drinking, and eating— when she was fifteen years old. But because there isn’t yet the same fundamental understanding of, or structure for, food addiction

as exists for smoking and drinking, it was difficult for her to discern when her eating habits had veered into a more precarious realm. Even after she successfully quit smoking and drinking, it took her many more years to face her issues with food. “I really did blame myself for that behaviour in a way that I didn’t blame myself for drinking and smoking,” she says.

Dr. McArthur too considered her food addiction to be a failing, even as she treated children with obesity, exploring the addictive pathways that ultraformulated foods had forged in their brains. “I had this idea that I must be a bad person; I didn’t have willpower. Forget the fact that I’d made it



By eating more ultraformulated food, we are triggering the addictive circuit, which not only makes us want to eat more, but also robs us of the ability to feel full.

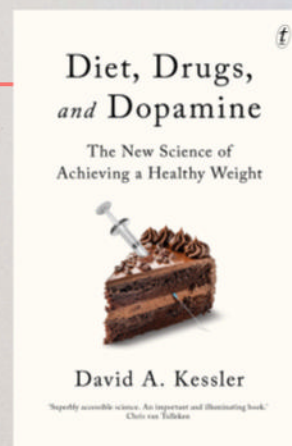
through med school, and I'd been successful at every other thing I've tried in my life for the most part," she explains. "But I wasn't having any success [overcoming my food addiction] because I was attacking the wrong problem. It didn't have anything to do with my moral uprightness. It's a disease."

These conversations have made even clearer to me that we need to create a new paradigm for addiction altogether. The stereotypical perception that addiction takes hold of the weak or those who have fallen on hard times misses the biological nature of addiction and only further marginalises those captured by it. Addiction is what happens in a normally functioning brain; that is, it occurs when our brains, which are wired to meet our needs, become maladaptive. Indeed, "research in the area of neurobiology is beginning to demonstrate that drug taking behaviour is controlled by brain

mechanisms developed through evolution to ensure the reinforcing effects of biologically essential activities of eating, drinking, and copulation," as a scientific report for the National Institute on Drug Abuse recognised as early as 1996. "The implication of these research findings is that, were it not for countervailing influences"—meaning societal forces—"drug use would be the norm, not the aberration."

In other words, the maladaptive shift in the brain that occurs because of addiction doesn't take place because the brain is not working properly, but rather because it is working too well. It has the appearance of a pathological state but it begins because the brain is doing what it does best: adapting to its environment. And yet what started as a canny adaptation has now created a variety of new problems. By eating more ultraformulated food, we are triggering the

addictive circuit, which not only makes us want to eat more but also robs us of the ability to feel full. And these behaviours lead, of course, to weight gain and obesity, which puts us at heightened risk of a number of diseases that threaten lifespan and life quality.



Diet, Drugs and Dopamine by David A. Kessler. Text Publishing. RRP \$36.99



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Science says you don't have to lose to win.

Accredited Practising Dietitian Nicole Pritchard
debunks the myths around weight loss plateaus

For people living with or at risk of type 2 diabetes, weight loss is about more than just fitting into a smaller size or tackling a flight of stairs with ease. It's a critical health intervention—one that can significantly improve blood glucose control and reduce the risk of serious complications like cardiovascular disease, stroke, and even some cancers.

Even a modest loss of 5–10% of total body weight can yield powerful results. And that's where science comes in.

Once someone makes the decision to commit to losing weight, the initial momentum can feel incredible. With every healthy meal, every walk around the block, and every drop on the scale, there's visible and measurable evidence that change is happening.

Then, all of a sudden that number stops declining. Or worse, it goes up! That unstoppable feeling you had a few weeks ago grinds to a screeching halt. The anxiety creeps in as you fear that it's all been for nothing.

But what if hitting a weight loss wall wasn't cause for concern? What if it was all just part of the process - and even better, part of a process that still led to great long-term results? Well, new research from CSIRO, Australia's national science agency, has answered these questions once and for all.

The study, recently published in the *Journal of Medical Internet Research*, analysed data from more than 6,500 CSIRO Total Wellbeing Diet Online members over the course of a year.

It found that even those people who experienced weight fluctuations or temporary plateaus – periods where little-to-no weight loss is recorded - were still able to achieve clinically significant weight loss (losing 5% of their starting body weight).

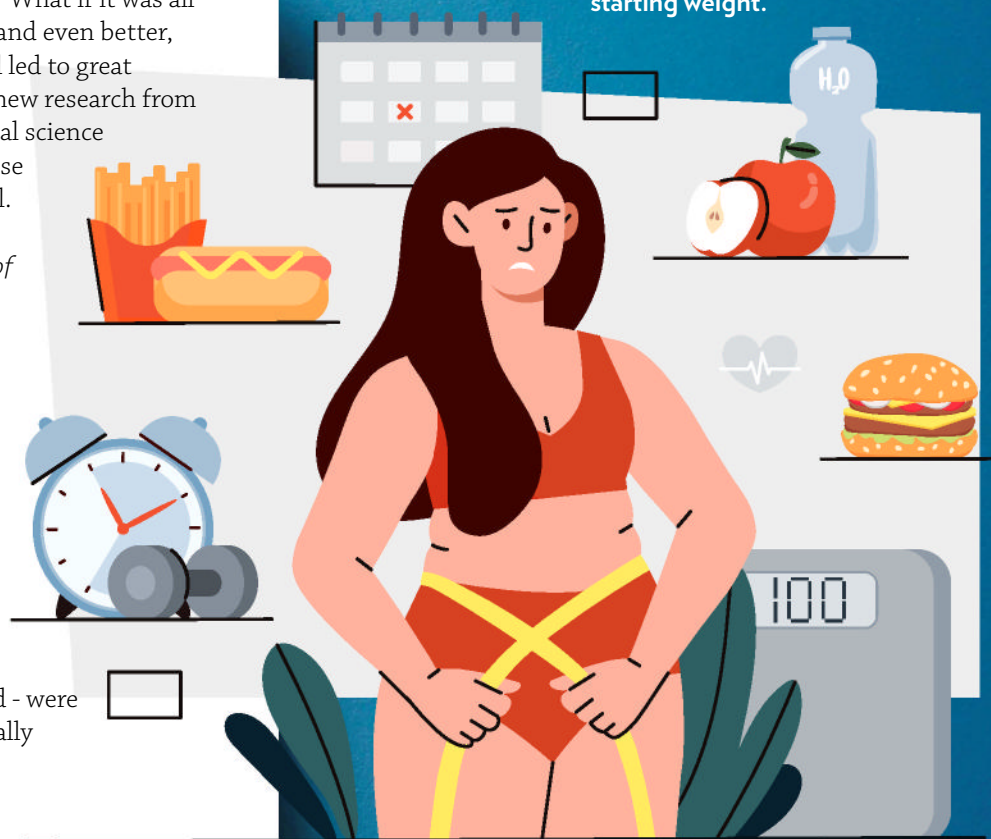
WEIGHT LOSS REALITIES

The study highlights the reality of weight loss, showing that it is absolutely not a linear process. Periods of maintenance and small regains are not only not a sign of failure, but totally normal.

In fact, when looking at the 6,500 participants, the study was able to identify the three most common weight-loss patterns, which all included at least one three-month plateau:

- 15% of members lost weight for six months, then maintained their weight for a further six months, resulting in an average 11kg weight loss after a year (12% of their starting body weight)
- 11% lost weight in the first three months, then maintained for nine months, losing 5kg after a year (nearly 6% of their starting body weight)
- 9% lost weight for nine months, followed by three months of maintenance, resulting in an average 16kg loss (17% of their starting body weight).

Despite these ups and downs, two in three members lost at least 5% of their starting body weight by 12 months, while one in three lost at least 10% of their starting weight.





“
*The key
to staying
motivated
was keeping
the bigger
picture in
mind.*

”

Sarah's journey

Someone who knows all too well that the journey to long-term weight loss is rarely a straight line is Sarah, 54, from South Australia.

Sarah lost an incredible 83kg over two years, following the CSIRO Total Wellbeing Diet and has now kept it off for eight years. But despite her success, she is the first to admit that there have been plenty of ups and downs along the way.

A serious neck injury left her fearful of exercise, and during the pandemic, limited movement and disrupted routines led to weight gain.

Sarah spoke to how frustrating and deflating it feels, especially when you're putting in the effort and not seeing the scale move. In her case, it not only made her feel like giving up, but binge eating.

Thankfully, Sarah quickly learned that those plateaus are a normal part of the process. She was able to remind herself that weight loss isn't just about the number on the scale. It's about her health and the ability for her body to function at its best. Instead of fixating on the lack of progress on the scale, Sarah chose to focus on the victories she could see and feel.

She found the key to staying motivated was keeping the bigger picture in mind. Keeping her eyes on why she started the journey was her guiding light. Sarah also found that switching things up helped, such as trying a new workout, or a new food, which would keep things interesting.

One of the biggest factors in Sarah's ability to stay on track, even during the rough patches, was the education and tools provided by the CSIRO Total Wellbeing Diet. This gave her the knowledge she needed to stay on track when life threw her curveballs. Being able to come back to the basics and reset was the key to her long-term success.

MAINTAINING MOTIVATION

While plateaus aren't a sign of failure, they can be a sign to reset.

Like Sarah did, ask yourself if you are as engaged with your weight loss journey as you can be, or have you let some habits slip?

In fact, the study found that regular engagement with self-monitoring tools - like meal plans, food diaries, and progress trackers - led to better outcomes. This group of highly engaged individuals saw more than 21% weight loss over the course of 12 months!

So, as long as you can persist through the slower periods - meaningful results will happen. Be kind to yourself and get back to basics!

- **Remember that weight loss is a journey:** weight loss isn't a straight line. Periods of maintenance, small regains, and detours are normal. Starting with the right mindset can help to increase your chances of success. By preparing for a marathon, and not a sprint, you'll be ready for any hurdles thrown at you. Just keep sight of your destination.
- **Break your end game into achievable blocks:** setting smaller, realistic goals can help maintain motivation and prevent overwhelm. Setting a specific goal for your weight loss will let you plan out specific steps necessary to lose weight. Most importantly, a goal allows you to focus on creating long-term habits that will allow you to maintain healthy results.
- **Set up regular check-ins with yourself:** use a specific time each week, such as Sunday night, to review your meal plan, set new goals, and align with your schedule to stay on track.
- **Instead of giving up, reset:** introduce a new workout or style of cuisine, and consider how to stay on track, especially surrounding holiday periods!
- **Track (without obsessing) your food regularly:** aim to log your meals at least three days a week to maintain awareness and accountability. Tools like a meal planner can help identify hidden habits - perhaps emotional eating patterns or a sneaky calorie creep.
- **Weigh in routinely:** use scales or body measurements to track progress, but remember that fluctuations are normal. Recording your journey will help you stay on track. A support network through family, friends, or a community will help you be accountable and run the course.
- **Align your goals with what truly motivates you:** whether it's improved health, increased energy, or feeling more confident, staying connected to your 'why' will help keep you committed. An idea to keep you on track is to write it down and stick it to the wall. You need to be really clear on what you want to achieve, and why it's important to you, without comparing yourself to anyone else. It is hard to stay motivated unless you personally want to make the changes.



do
you
have

GYMTIMIDATION?

Feel the fear and join the gym anyway

If the thought of joining a gym to improve your fitness makes you anxious, you're not alone, but thankfully there are ways to dial that apprehension down and make the most of a membership. Here's what the experts suggest.

A recent survey suggests people in Australia are spending close to \$2 billion a year on gym memberships they don't even use, and one explanation could be something called gym anxiety. Also known as gymtimidation, while one in five of us consider ourselves full-blown 'gymphobes', as many as one in two of us are scared to go to the gym because we're worried about how we'll look.

Triggering feelings of panic and worry about the risk of embarrassment or humiliation whenever the idea of a trip to the gym springs to mind, a wide range of things can drive gym anxiety, but uncertainty around what to expect is often a contributing factor.

"Questions such as 'will I be fit enough or strong enough?', 'will I be able to work the equipment?', 'will

people judge me?' or 'will I know what to do?' can cause great uncertainty for people, whether you're brand new to fitness or not," says Emma Masters, co-founder of multi-disciplinary fitness studio, Therapy Fitness.

Ben Lucas, director and founder of Flow Athletic agrees. "Entering a new venue where you don't know what the environment will be like or what's in store for you can be daunting," says Ben.

"Worrying that you won't be able to do the exercises properly is also a big one. There was also a big trend towards the message of 'train hard or don't train at all' a few years ago, which can be off-putting to a beginner."

And then there's the fact that some women may be put off if they associate joining a gym with getting 'big and bulky'.

HOW TO FIGHT

Jarad Hobbs is the founder of Joy in Movement, or J.I.M., - fully automated fitness studios designed with gym anxiety – and no mirrors or crowds – in mind. “Gym anxiety is very real for some people, but it doesn’t have to hold you back,” he says.

There are a number of things you can try if you want to feel less fearful and more confident about joining and attending a gym.

DO YOUR RESEARCH. “Create a level of safety by compiling as much information as you can about the gym or fitness studio you’re considering stepping into,” says Emma. For example, jump online to see what classes, services and amenities are on offer, as well as what the hours look like and whether they’ll suit your schedule. It’s also a good idea to check out the gym’s social media content so you can get a feel for its vibe.

Jarad says searching for a studio with an environment that’s intentionally dark and immersive can help you zone in on how you feel rather than how you look, if that’s a source of gym anxiety for you. “This shift in focus can be a game-changer for people struggling with anxiety or self-consciousness.”

TAKE A TOUR. Most gyms offer pre-membership tours or are only too happy to oblige if you ask, says Emma. “If there’s a gym induction or an introductory session with a trainer, jump on board and bring all your questions so you can clear up some of the uncertainty in your mind.”

ASK AN EXPERT FOR HELP. “If you don’t feel comfortable with the equipment, ask a trainer for help,” says Ben. “You could also book a session with a trainer so they can show you around the floor and help you make a program. Or sign up to a fitness class where you’ll be prescribed a workout.”



PHOTOGRAPHY & ILLUSTRATIONS GETTY IMAGES WORDS KAREN FITFALL

GYM ANXIETY

ENLIST A FRIEND FOR

SUPPORT. “If you can,” says Ben, “bring a friend to ‘wingman’ you on your first trips to the gym or studio, until you feel comfortable.”

GET TO KNOW THE

COMMUNITY. “When it comes to fitness studios, community is one of the biggest drawcards for members,” says Ben. “So, say hello and make friends.”

LET GO OF PRECONCEIVED

IDEAS. If you are worried, as a female, that a gym workout consisting of lifting weights will make you look too bulky, stop. The fact is, achieving that result requires a mix of strict workout schedules and a carefully curated nutrition plan. Plus, women’s hormones limit how much muscle can be built so while adding some weights to your weekly workout routine does deliver a variety of health benefits, you don’t need to worry about ‘bulking up’.

And as for that ‘train hard or don’t train at all’ message, Ben says forget it. “People can achieve their goals without smashing themselves in the gym.”

USE MUSIC AS A MOOD

SHIFTER. “A great playlist can be a powerful tool,” says Jarad. “It can drown out distractions, lift your mood and help you stay in your own lane.”

START SMALL TO BUILD

CONSISTENCY. “You don’t need to go all in from day one,” says Jarad. “Whether it’s 10 minutes of movement or a single class a week, the key is showing up. The more you do, the more natural it becomes.”

Emma agrees. “The first session will always be the hardest, but it will never be as bad as you think. Make a commitment with yourself to show up and once you’ve done your first session, you’ll have ripped the band-aid off, ready to move forward into your new fitness routine.”



my story: type 2



**IN RECOVERY
AFTER HIS TRIPLE
BYPASS SURGERY**

Simon Blears' type 2 diagnosis came off the back of a major heart attack in 2008. After suffering from poor circulation and neuropathy, Simon (63) had an above the knee amputation at the beginning of 2025. But he won't let that stop him living the life he wants.

In 2008 I had a major heart attack, which started as I was leaving work on the Australia Day long weekend. I felt pretty crook but it didn't cross my mind that it might be a heart attack. When I started getting pain down both arms, I realised it was probably serious, so naturally, I Googled my symptoms. I ended up on the National Heart Foundation's website and checked all the boxes for the symptoms of a heart attack. Since I live alone, I swallowed my pride and rang triple-zero. An ambulance took me to Royal Perth Hospital, where they tested my troponin levels and confirmed I was having a "significant heart event".

I had to stay in hospital until Monday to have an angiogram. During that weekend that I was told I had type 2 diabetes, which was picked up in one of many blood tests. It was severe enough that I went straight onto insulin injections.

Taking heart

They planned to do an angioplasty, which is keyhole surgery to stent blocked arteries. But during the angiogram they realised the situation was more serious, and I needed to have a triple bypass. This was the public health system so the surgery didn't happen immediately. I was sent home and told to be a couch potato for a few weeks. Meanwhile, I was adjusting to having diabetes, learning to do finger pricks, measuring my sugar levels, reading through a huge amount of paperwork, and injecting myself with insulin.

I had the triple bypass on 13 February, and it went well. I had a few other heart events over the next five years. I am now aware that I have a genetic disposition to high cholesterol, but the heart issues were due to little exercise and a crap diet – hot dogs, burgers and fried chips!

Heads and shoulders, knees and toes

I have poor circulation in both legs, caused by the diabetes and the heart issues. I got an infection in my left big toe at the end of 2023, from an ingrown toenail. It would start to clear up, then come back. It started going purple and I had run out of antibiotics. I called the home doctor service and the doctor that came out took one look at my toe and said, "Honey, that's way beyond antibiotics." It had become necrotic.

I was seeing a vascular surgeon who'd been looking after my legs but he was away at the time. I saw the surgeon who was filling in, who looked at it and said, "Yep, that needs to come off."

I had booked a holiday to Africa so there was some discussion about when to do the surgery. I wasn't comfortable going to Africa with a newly amputated toe, so we agreed to leave it until I got back. I had a partial amputation of my left big toe in January 2024.



SIMON BLEARS, TYPE 2

my story

**“It makes me laugh
when people tell me
how inspiring I am.
I’m just being me.”**



**ONE OF SIMON'S
'WALKING
SESSIONS' WITH
HIS PROSTHETIC
LEG**



**NEUROPATHY AND
POOR CIRCULATION
MEANT MINOR
WOUNDS DIDN'T HEAL**



**SIMON ON SAFARI
BEFORE HIS PARTIAL
TOE AMPUTATION**

A hard decision

I got a cut on the second toe of my right foot in late 2024. I saw my podiatrist and she said it wasn't healing and needed to be escalated. I got an appointment at the podiatry clinic at Sir Charles Gairdner Hospital and luckily, my surgeon happened to be there. He said there's nothing they could do about the toe until they sorted out the circulation in my leg. We planned to do an ultrasound on my arteries. Before that could happen, I started experiencing significant pain in my right foot. I have a strong pain threshold but it got to the point where I could barely walk.

A friend drove me to the emergency department and I spent a day having tests and seeing specialists. My surgeon organised an ultrasound to happen straight away. I had a severe blockage below the knee in my right leg. There wasn't enough blood getting to my foot. We talked about my options and he said they could try to stent the veins in my leg to improve the blood flow, but those veins are quite small.

He didn't believe stenting would be successful, or if it was, it would fail shortly afterward. His recommendation was a below-the-knee amputation. When I went into hospital that morning, I thought the worst-case scenario would be another toe amputation! But I trusted him, so I agreed to it.

I was booked in for surgery on 11 December 2024. We got all the way down to the pre-op area and it was cancelled when something more urgent came up. While talking to one of the nurses at this point, I burst into tears. She realised that because everything had happened so quickly, I'd fallen through the cracks. Before booking the surgery, I should have spoken to a psychologist, a physio, and an OT,

and had everything explained. I told the nurse that I didn't really know what was happening. She made sure all those things happened that afternoon. In the end it was good that the surgery was delayed because I went into it forearmed and aware.

Complications

The surgery went ahead the following day. I was in hospital for a while and then transferred to the amputee ward of Osborne Park Hospital for rehab. Everything seemed to be going well at first. They removed the 30-odd sutures, and a couple of days later while I was removing the protective sock that covers the wound, I noticed blood in the bottom of it. Unfortunately the wound had reopened. The blood supply even to the end of the stump below my knee wasn't good enough because of the blockages in my leg.

I went back into surgery with three possible options. The first, and best option was to clean the wound and re-suture it. The second was to advance the amputation by a few centimetres. The third was to progress to an above-the-knee amputation (AKA). When I woke up in recovery, I was told that they had to resort to an AKA. Even though I knew it was a possibility and had given my consent before going into surgery, it still really messed with my head, as I'd been told how much harder it was to recover from an AKA, and more of a challenge to learn to walk using a prosthesis.

Positive energy

The second surgery was on 13 January 2025 and I was discharged from the rehab hospital in late February. I continued with a process called 'rehab in the home' which is run by the amputee clinic.

I've been in a wheelchair since the first surgery in December. Everyone keeps telling me how well I'm doing. I asked a nurse if they say that to everyone to build their confidence, and she said, "No, you really are doing well!". She explained that I was about ten years younger than the demographic they normally see, and I also didn't have any of the co-morbidities or mobility issues that a lot of patients have. I was coming from a good starting point.

From there, I decided not to mull over what happened. It's history. I can only effect things moving forward. I chose to see a psychologist from the hospital, and I didn't have a great view of psychologists before that. But she was fantastic. There are two things that I really like to stress to people, based on my experiences; the first is to take advantage of the services you are offered. The second is to be an advocate for yourself. Don't be afraid to speak up if you aren't comfortable with what is happening.

A big step forward

Around mid-March, I had my first fitting for a prosthetic, which involved taking some measurements, an evaluation of my movement, and discussion of my goals. It was recommended that I start off with a more advanced biomechanical knee which has a piston and sensors. The knee can sense varying weight distribution and helps you to walk and sit down, it can even sense if you're about to fall and locks in place. The first prosthetic is provided by the state through WALSA (Western Australia Limb Service for Amputees). After that you fall under NDIS funding.

WALSA funded the rental of a prosthetic with a biomechanical knee and an advanced carbon fibre

foot. After the initial fittings, adjustments, and changes to the software, it's sent to the rehab hospital where it is available to me for twice-weekly amputee physio sessions, or walking sessions, as I like to call them. I've now had two walking sessions. There's a whole lot of training to do, starting between parallel bars, and after that there's gate training, ramp training, and step training. Once they're satisfied I'm not going to kill myself with it, I can bring it home. That's probably a month or two away. I try not to be too cocky, because pride comes before a fall. I have had a couple of falls where I tried to get up and forgot I don't have a leg! It's a lot to relearn in a few months.

Aim high

My diabetes is reasonably well-managed now. I'm still on insulin and probably always will be. The arteries in my left leg are also poor, so I really need to look after that leg. Any cuts or changes need to be managed straight away.

When I had the below-the-knee amputation, it was my goal to be walking again by the middle of 2025. When it was 'upgraded' to an AKA, I reset that goal to be walking independently by Christmas. I hope to go back to Africa sometime in 2026, and I don't fancy rolling around in a wheelchair!

It makes me laugh when people tell me how tough and resilient and inspiring I am. I'm just being me. But I do have high hopes and grand plans.



**SIMON PLANS TO
RETURN TO AFRICA
IN 2026**

TEST *of* TIME

**GLP-1 agents, the 20-year 'overnight success'
revolutionising diabetes and weight management**



Drugs like Ozempic might seem like the latest fad but people can take comfort that this class of medications has been around for decades, writes Dr Natalie Nanayakkara, Endocrinologist and researcher at the Baker Heart and Diabetes Institute.

Medications such as Ozempic, Mounjaro, and Wegovy seem to have exploded onto the market from obscurity in recent years, dominating social media, news segments, and dinner table conversations. Alongside the praise, GLP-1 agents have attracted attention for less positive reasons, including unpleasant side effects, serious health problems and even counterfeits. Hailed as miracle drugs by some, and medications to be wary of by others, many people are unsure whether these medications are truly safe or simply a passing trend. All this hype is enough to make you nervous, and we're certainly experiencing that apprehension from patients at our clinics. But did you know GLP-1 agonists have been around for 20 years? Originally developed for type 2 diabetes, these medications have a long track record of safety and effectiveness. What's new, is the increasing awareness of broader health benefits for both people with, and without, diabetes.

WHAT ARE GLP-1 DRUGS?

GLP-1 stands for Glucagon-like peptide 1, a naturally occurring hormone that helps regulate blood sugar and appetite after eating. First identified nearly 50 years ago, scientists have since uncovered the crucial role this hormone plays in type 2 diabetes, where levels are often lower or the body's response to it is impaired. Decades of research eventually led to the development of GLP-1 agonists,

medications that mimic the effect of natural GLP-1. Since 2005, when the first GLP-1 medication, exenatide, was approved, the class has evolved with more effective and longer-acting options. These

medications have three main actions. They stimulate the pancreas to release insulin (but only when blood sugar levels are high). They slow the transit of food in the stomach, helping people feel fuller for longer after a meal. They act on areas of the brain regulating hunger and fullness, leading to smaller portion sizes, reduced cravings and food noise.

Clinical studies have shown that these medications reduce glucose levels in people with diabetes without the problems of weight gain or risk of low glucose associated with some other diabetes treatments. These medications lead to 10-15% body weight reduction in people with, and without, diabetes. For many people living with obesity, this level of weight loss is not just cosmetic, it reduces the risk of heart disease, joint pain, improves mobility and boosts quality of life. Benefits beyond diabetes and weight loss, include a 30% reduction in the risk of heart attacks and strokes. They also show promise in treating conditions such as fatty liver disease, obstructive sleep apnoea, and kidney disease.

WHAT TO EXPECT

Understanding what to expect can make the process easier for anyone considering these medications. Typically, these medications are introduced at a low dose and gradually increased to help the body adjust and minimise the risk of side effects such as nausea,

semaglutides

bloating, and constipation. When starting or increasing the dose, one in ten people experience side effects, which usually ease after the first few weeks. Effects on blood glucose levels and weight may take a few weeks to become noticeable and build steadily over time. Regular review with your doctor can help tailor doses, alleviate side effects and monitor your progress safely. More serious but rare risks include pancreatitis (inflammation of the pancreas), eye disease and gallstones. Therefore, it is crucial to have a comprehensive discussion with your doctor to determine if these medications are suitable for you.

BUSTING THE MYTHS

Despite their proven benefits, common misunderstandings about GLP-1 medications create confusion. One misconception is that these drugs are weight loss tools for celebrities or those seeking a quick fix. In reality, they are medically approved, evidence-based treatments for chronic conditions such as type 2 diabetes and obesity. Using these medications is not cheating; obesity and type 2 diabetes are complex chronic conditions underpinned by biological, genetic, and environmental factors, which cannot be overcome by willpower alone. These conditions are associated with increased risks of cardiovascular disease, kidney failure and other chronic health problems. They are not a replacement for healthy lifestyle choices; they complement them. Using GLP-1 medications is no different to taking a pill for high blood pressure or cholesterol, it is just another aid to help manage a chronic condition and improve long-term health.

TAKE CARE

The rising demand for GLP-1 medications has led to global shortages and, alarmingly, to the emergence of counterfeit versions. This underscores a crucial message: GLP-1s should only be prescribed and dispensed by qualified and experienced healthcare professionals. They are safe, powerful, proven, and life-changing when used correctly.

Cost and access remain barriers for many people to access these medications. Some medications, such as Ozempic and Trulicity, are covered under the Pharmaceutical Benefits Scheme (PBS) for people with type 2 diabetes who meet certain criteria. Others must pay privately, between \$150 and \$600 a month, depending on brand and dose. Some private health insurance policies cover a small portion of the cost. However, these medications remain out of reach for many who may benefit the most, prompting important conversations about affordability and equity.

GLP-1 medications are a game changer, not a passing fad. Backed by decades of research, they offer new hope to people with diabetes, obesity and many other chronic conditions.

The rising demand for GLP-1 medications has led to global shortages and, alarmingly, to the emergence of counterfeit versions.

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that S=2, T=3, A=11, and M=12. You can record each letter as you work it out in the letter checker at the bottom of the grid.

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14	15	16	17	18	19	20	21	22	23	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

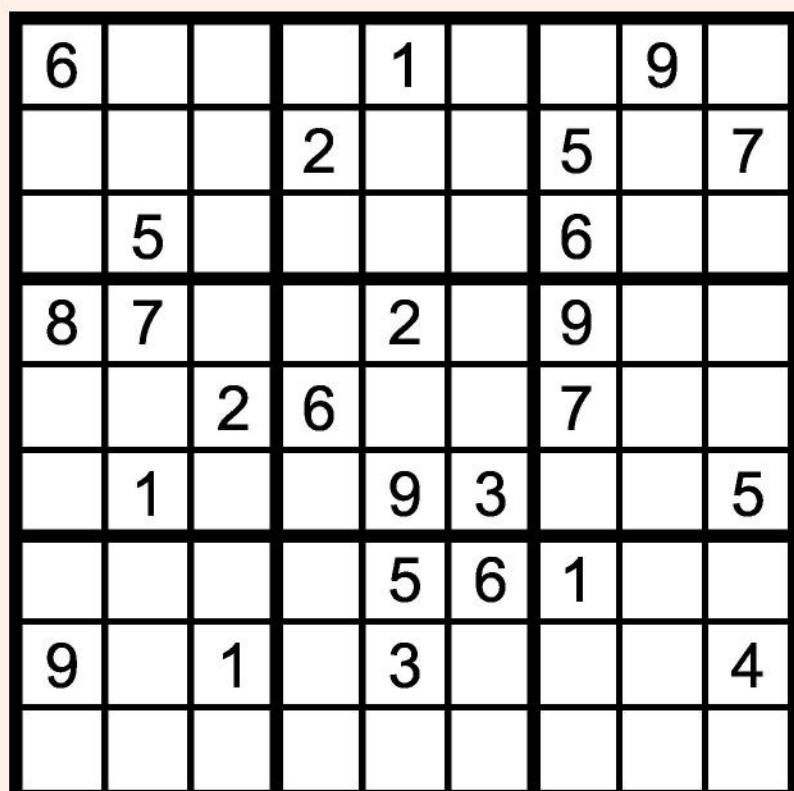
- 1** In the present (8)
6 Muscular disorder (10)
13 Ring --- bells, disquiet (5)
14 South Australian national park (9)
15 Sizeable (5)
16 Nuclear ---, power plant part (7)
18 Inflammation of joints (9)
19 Golfing peg (3)
20 Marie ---, scientist who discovered radium (5)
22 Be patient (5)
24 Towards the stern of a boat (3)
26 Particle of snow (5)
28 Momentary pain (6)
29 Term for a handsome young man (6)
31 National park workers (7)
32 Oust, eject (10)
34 Slow down (10)
37 Widely used language of East Africa (7)
38 As soon as possible (6)
39 Delayed payment (6)
41 Hygienic (5)

- 42** --- Who, UK band (3)
43 Artfulness (5)
45 Oversight, slip-up (5)
46 Polish up (3)
48 Patent (9)
51 Most favourable, best (7)
53 Shania ---, Canadian country singer (5)
54 Retribution (9)
55 Beach (5)
56 Very determined (10)
57 Sample taken for testing, eg (8)

DOWN

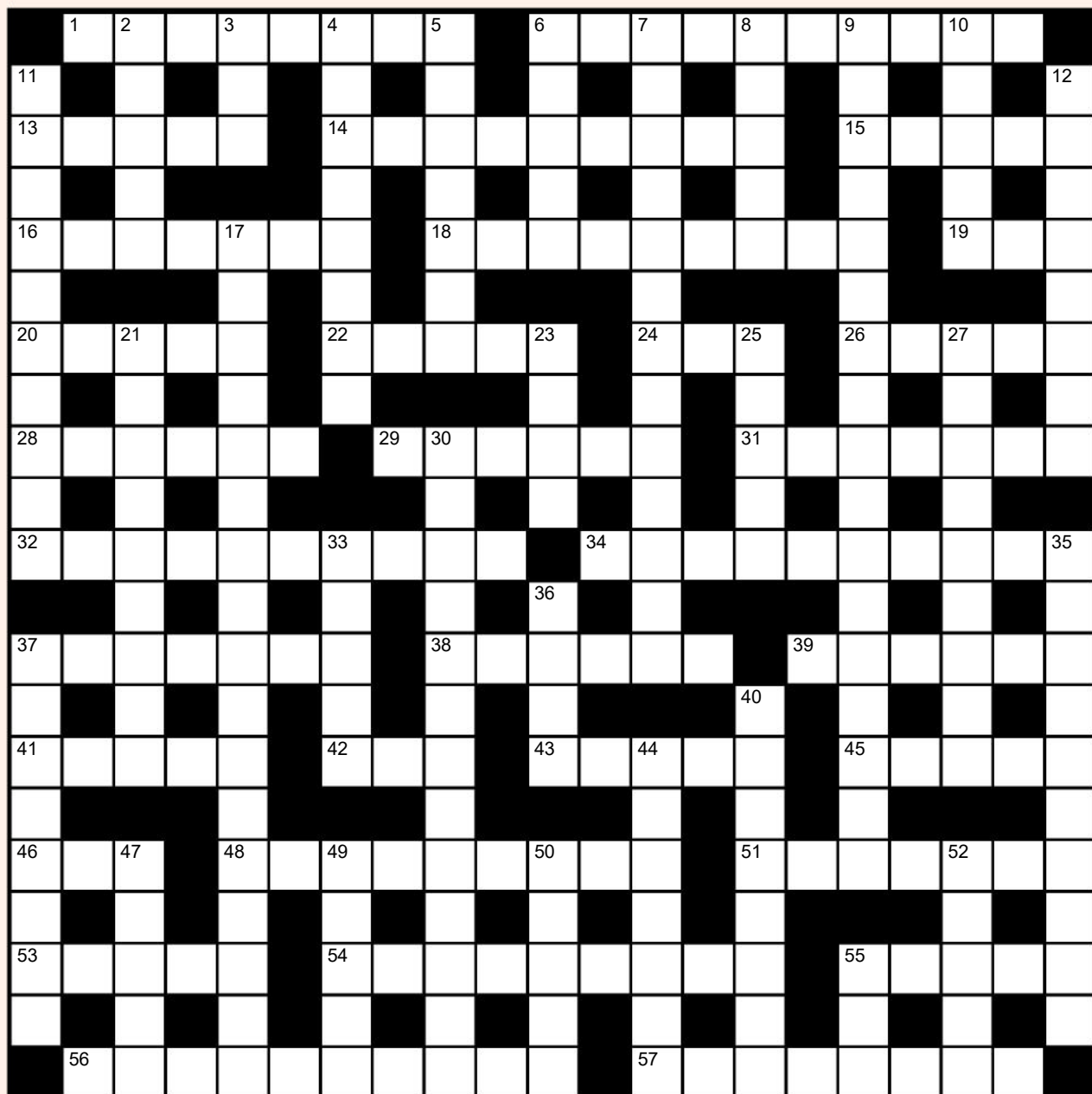
- 2** Scarlett ---, Vivien Leigh's *Gone with the Wind* character (14)
3 Cash machine (1,1,1)
4 Deviating from the usual (8)
5 Dried grape (7)
6 Respond (5)
7 Shame (13)
8 Deserve (5)
9 1983 tragicomedy starring Shirley Maclaine and Debra Winger (5,2,10)

- 10** *The Big ---*, Wall Street movie (5)
11 Invented (10)
12 Andorran mountains (8)
17 1920 novel by Edith Wharton that was made into a 1993 film with Daniel Day-Lewis and Michelle Pfeiffer (3,3,2,9)
21 Put back in office (9)
23 Wee, very small (4)
25 People in a trio (5)
27 --- Skarsgård, *True Blood* actor (9)
30 Act of vanishing (13)
33 Suit essential (5)
35 Held spellbound (10)
36 Disc struck for dinner (4)
37 Safety (8)
40 --- lantern, oil lamp (8)
44 Has in mind (7)
47 *The --- One*, Jodie Foster movie (5)
49 Centre pin, hinge (5)
50 Take a stab at (5)
52 Large US deer (5)
55 Move on snow (3)



SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

6	3	7	5	1	8	4	9	2
1	4	8	2	6	9	5	3	7
2	5	9	3	7	4	6	8	1
8	7	3	4	2	5	9	1	6
5	9	2	6	8	1	7	4	3
4	1	6	7	9	3	8	2	5
3	2	4	9	5	6	1	7	8
9	6	1	8	3	7	2	5	4
7	8	5	1	4	2	3	6	9

Sudoku

Across: 1 Nowadays, 6 Rheumatism, 13 Alarm, 14 Nullarbor, 15 Roomy, 16 Reactor, 18 Arthritis, 19 Tee, 20 Curre, 22 Await, 24 Aft, 26 Flake, 28 Twinge, 29 Adonis, 31 Rangers, 32 Disposess, 34 Decelerate, 37 Swahili, 38 Pronto, 39 Credit, 41 Clean, 42 The, 43 Guile, 45 Error, 46 Rub, 48 Copyright, 51 Optimal, 53 Twain, 54 Vengeance, 55 Shore, 56 Relentless, 57 Specimen.
Down: 2 O'hara, 3 ATM, 4 Abnormal, 5 Sultana, 6 React, 7 Embarrassment, 8 Merit, 9 Terms Of Endearment, 10 Short, 11 Fabricated, 12 Pyrenees, 17 The Age Of Innocence, 21 Reinstate, 23 Tiny, 25 Three, 27 Alexander, 30 Disappearance, 33 Shirt, 35 Entrailed, 36 Gong, 37 Security, 40 Kerosene, 44 Intends, 47 Brave, 49 Pivot, 50 Guess, 52 Moose, 55 Ski.

Crossword

X	J	C	R	G	Q	N	O	K	Y	F	V	W	P
14	15	16	17	18	19	20	21	22	23	24	25	26	
X	B	D	L	E	Z	7	8	9	10	11	12	13	
2	3	4	5	6									

E	T	A	B	L	E	D	E	C	I	D	E	D	C	A	S	T	L	E
H	A	Z	Y	R	A	T	E	L	V	A	G	E	R	O	U	T		
I	N	J	O	R	E													
I	N	J	O	R	E													
S	C	A	M	P	S	A	R	T	I	S	T	S	S	L	E	D	G	E
H																		
T	E	A	S	E	R	T	S	U	N	A	M	I	A	I	R	G	U	N
Q	O	A																
L	U	A																
L	U	A																
P	R	I	Z	E	D													
D	I	L	A	T	E	S												
D	E	L																
X																		
J																		
X																		
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R																		
G																		
Q																		
N																		
O																		
K																		
Y																		
F																		
V																		
W																		
P																		

Code Cracker

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index

BREAKFAST, SNACKS & SIDES

- 37 Black forest breakfast bowl ●
- 87 Chocolate & pistachio banana bites ●●
- 52 Cinnamon & apricot trail mix ●●●
- 36 Cinnamon porridge with baked bananas ●
- 74 Creamy potato gratin ●●
- 52 Deconstructed guacamole ●●●
- 52 Nut butter slices ●●
- 52 Pear & peanut crunch ●●
- 87 Quick apple crumble ●●
- 87 Ricotta, pear & walnuts ●●
- 50 Spicy eggplant with carrot dippers ●●●
- 51 Spicy tortilla chips with pomegranate hummus ●●●
- 38 Winter breakfast hash ●●●

MAINS

- 87 60-second lunch ●
- 62 Bacon & ricotta oven-baked frittata ●●
- 44 Black bean & pineapple salad bowl ●●
- 71 Broccoli & cheddar soup ●●●
- 46 Butter bean curry ●●
- 47 Butter bean curry wraps ●●
- 64 Chicken cacciatore ●●
- 66 Chickpea & pumpkin stew ●●●
- 64 Chilli beef ●●

- 70 Creamy chicken & mushrooms ●●
- 70 Creamy coconut curried vegetables ●●
- 59 Creamy tagliatelle with fennel ●●●
- 31 Creamy tuna & corn pasta ●
- 54 Eggplant stuffed with mozzarella ●●
- 32 Fish, potato & tomato bake ●●●
- 18 Grilled mackerel with orange, chilli & watercress salad ●●
- 41 Harissa vegetables with quinoa ●●
- 43 Healthy chicken pad Thai ●
- 47 Lentils with soy & ginger tofu ●●
- 57 Minced lamb skewers ●●
- 20 Mushroom & chickpea burgers ●●
- 56 Mushroom & goat's cheese calzone ●
- 42 One-pan beef stew with vegetable mash ●●
- 44 One-pan fish & prawns ●●
- 72 Osso bucco ●
- 29 Peanut & coconut curry ●●●
- 60 Penne with chorizo & broccoli ●●
- 48 Pesto spinach penne ●●●
- 41 Puy lentil salad with beetroot & walnuts ●●
- 39 Puy lentils with seared salmon ●

- 30 Roasted vegetable orzo soup ●●
- 25 Roasted vegetable traybake ●●
- 20 Seafood & capsicum rice ●
- 30 Smoky white bean & ricotta traybake ●●
- 54 Spinach & gruyere tart ●●
- 18 Super-veg pasta ●●●
- 14 Sweet potato curry ●●●
- 45 Tomato soup & hummus crispbreads ●●
- 58 Vegetable curry ●●
- 61 Veggie & chilli hash ●●

DESSERTS

- 78 Apple & raspberry pies ●●
- 78 Apple & ricotta pancake stacks ●●
- 50 Cinnamon rice with pomegranate ●●
- 51 Dark chocolate orange cream ●●
- 49 Mini apple & blackberry puddings ●●
- 84 Orange, cherry & hazelnut pastries ●●
- 78 Passionfruit delicious ●●
- 84 Peach & cherry crumble ●●
- 82 Peachy cakes ●●
- 82 Upside-down banana caramel puddings ●●

KEY ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



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³Depending on your circumstances.

⁴Cover is for accidental serious injury and accidental death only in the first 12 months; cover for any cause thereafter.

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